The pride of North Carolina's electric cooperatives

Volume 36, No. 11, November 2004

Carolina country

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You have made persimmon pudding, you know who Junior is, and you set out cat hooks at night. Round 7.

Norman Sloan

Frances and Ivan combined to collapse this section of Hwy. 281 in the Owens Gap area of Jackson County in the Haywood EMC service territory. See page 8.

On the Cover

North Carolina is the nation's third-largest poultry producing state. We'll raise more than 42 million turkeys this year. Many of the turkey farms are powered by Touchstone Energy cooperatives in the southeastern part of the state. Duane Salstrand of Raleigh photographed these birds in Robeson County.

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Roderick Hill on Easter Sunday 1949

This is Papa, my grandfather Roderick Hill, sitting on the back porch of our family home one Easter Sunday afternoon.

My grandfather was a farmer in rural Brunswick County. He and his wife, my grandmother Mary Ida, had five children.

Easter was always a big event in our little community of Spring Hill. Due to a shortage of funds that year (1949), there would be no Easter outfits. Papa felt disappointed about the family's circumstances.

That afternoon, everyone relaxed around the big frame house and in the flower-filled yard. In the shade of ivy vines on the back porch, Papa sat in a high-back chair. One of his daughters was taking pictures of various family activities.

"Take my picture!" he said, somewhat excited. He had left the shade of the porch, and gotten dressed in his favorite Sunday suit and tie, his polished shoes and a favorite hat to top his outfit.

Taking a picture was a once-in-a-while experience for Papa. That little camera produced great black-and-white pictures and memories of that beautiful Easter Sunday afternoon.

Papa never got to see his Easter Sunday picture. The following Sunday we sadly attended his funeral. He was dressed in his favorite suit and tie. No camera could capture the sadness of our hearts.

M.S. Moss
Leland

What is a horse egg?

In the September issue there is a section titled "You Know You're From North Carolina If . . ." There were many sayings or things that might be familiar to North Carolinians. However, there was one that no one at my job seems to recognize and that is a "horse egg." I have asked many native North Carolinians on my job, and no one knows nor has ever heard of this. Please enlighten us.

Debby Scott
Wendell

Editor's note: If anyone knows the answer, let us know. Carolina Country, P.O. Box 27306, Raleigh, NC 27611. E-mail: Carolina.country@ncemcs.com

Boys on the farm

We receive your magazine each month and enjoy all the areas that you cover, but we especially enjoy the photos in the "First Person" section.

Benjamin and Jonathan Walston, ages 3 and 5, love living on a farm that has cows, chickens, tobacco, soybeans, millet and milo at Walstonburg, located in Greene County. Benjamin and Jonathan especially enjoy driving a golf cart, a John Deere Gator, tractors, a battery-operated motorcycle, and their bikes. They also enjoy feeding the cows and chickens along with collecting eggs from the chicken house. Their parents are Mike and Lisa Walston. Grandparents are Wayne and Janice Dail and Pie and Jean Walston all of Walstonburg.

Janice Dail
Walstonburg
Pitt & Greene EMC

Siblings in the garden

With all the recent rains, our garden area was full of mud puddles. This is only one of many times that our grandchildren have come to our house groomed and primped and left "a little dirty."

Nancy Hamilton
Salemburg
South River EMC

Taylor in the inspection area

Our little granddaughter Taylor is inspecting a picking of tomatoes from our garden in Castalia, Nash County.

Jerome & Renee Brantley
Halifax EMC

Animals at rest

It doesn't get any better than living on a 400-acre farm with cows, goats, sheep, horses, rabbits and chickens. City folk don't know what they are missing. Let's hope the remaining farms stay around for a long, long time. These photos of our livestock were taken by Darlene Greeson.

Keith Tuttle
Siler City

Jasper, Little Red, Jenny and Tiny

In the spring of 2002 my husband and I raised four baby birds—three cardinals and a northern flicker. We fed them a mixture according to the bird books. We fed the cardinals with tweezers. We fed the flicker a thinner mixture with a medicine dropper, because a flicker baby is fed mostly with regurgitated food from the parents.

My husband made two cages. In the cardinals' cage he placed a small tree limb to resemble a small tree. In the flicker's cage we attached a deep basket that became his home.

We cleaned cages in the evening and let everyone roam in the garage. That is where they lived and learned to fly.

We tied a string to the leg of the flicker, Jasper, and taught him to hunt ants, which are a big part of their diet.

Little Red, Jenny and Tiny soon learned to shell and eat regular birdseed.

We gradually let them go by putting the cage in a tree every day and then overnight. The cardinals returned to the cage to sleep and eat for months. Little Tiny still returns to her favorite spot on the gutter to eat and visit.

Wilma Miller
West Jefferson
Blue Ridge Electric

One day at the doctor's office

My oldest daughter has blessed us with four beautiful grandchildren. From time to time, I step in and try to help out as much as possible.

One day, two of my grandchildren had a doctor's appointment at the same time: Alana had a kindergarten entry well check; Mckenna had a swimmer's ear infection. The week prior to the appointment, I had instructed my daughter to put small amounts of rubbing alcohol in Mckenna's ear in hopes it would dry up the fluid.

At the doctor's office, both children jumped up on the examining table with feet dangling down, anxiously awaiting the arrival of the doctor. The nurse came in first and asked the usual questions, first to McKenna, asking whether she had been taking anything for her earache. Alana, who rarely says anything, blurted out before we could say a thing: "My mama's been givin' her alcohol!"

Needless to say, my face was a little pink the rest of the day.

Jean Edwards
Saluda

Phillips Brothers Country Hams

The Carolina Country Store in the October 2004 magazine carried an item about Phillips Brothers Country Hams of Asheboro that included the incorrect Web site address. The correct address is www.phillipsbrotherscountryhams.com

You also can reach the business by calling (336) 625-4321.

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We found our best watch in a history book

In 1922, a small watchmaker in Switzerland designed the first automatic watch to display the day, month and date. Only 7 of these magnificent timepieces were ever made and this watch was almost lost to history. Today, they are so rare that our watch historians are willing to bid $300,000 for an original in mint condition.

These watches were among the most stylish of the roaring 20's. The Stauer watch design that you see here has the antique color, the vintage style and the innovative functions of the original that we have seen in a Swiss museum. Even the Breguet™ style hands are designed from the original. The owner of this legendary multi-functional watch is sure to look distinguished and set apart from the crowd. This Stauer watch is a limited edition, allowing you to wear a watch far more exclusive than many luxury brands.

The watch has a 24-jewel mechanical movement, the kind desired by fine antique watch collectors. We have updated this movement with an automatic rotor thus the watch never needs to be manually wound. The watch comes in a beautiful crocodile embossed case with a free second band.

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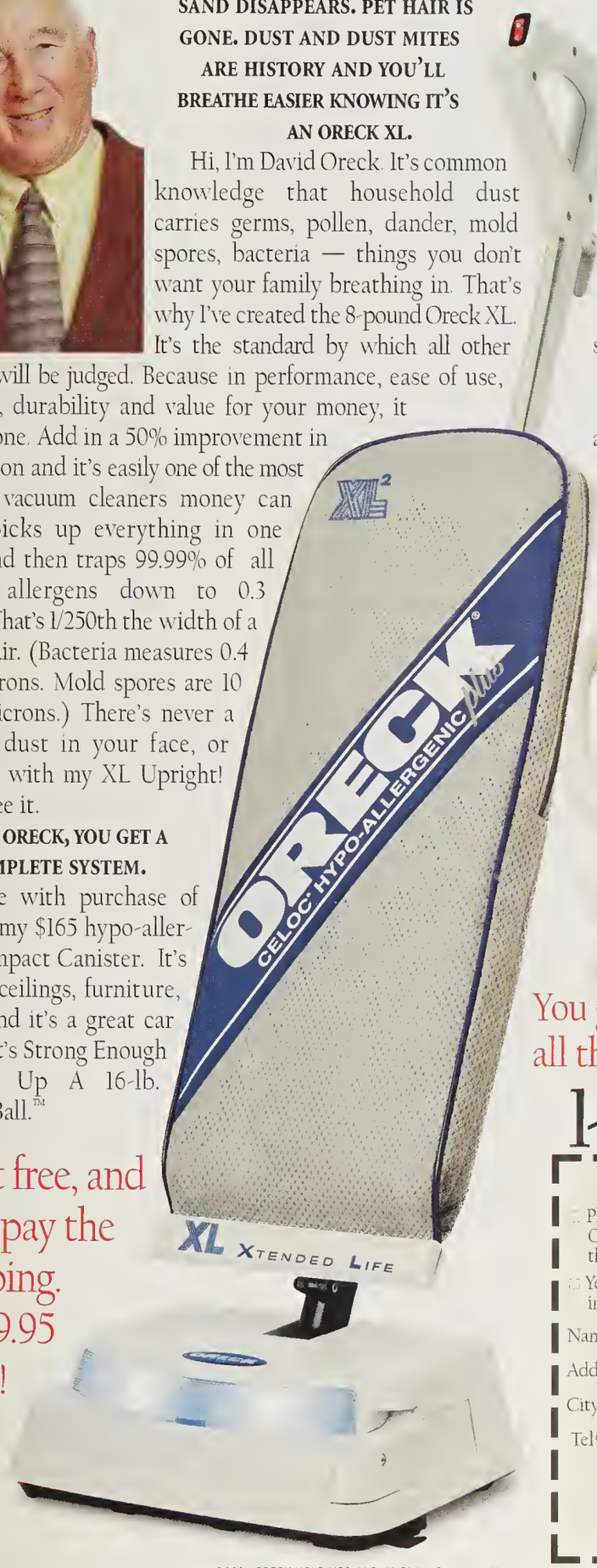

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Heavy rain from Hurricanes Frances and Ivan flooded western mountain communities

Jerry Stensland/The Daily Courier

The Rocky Broad River in western Rutherford County flooded River Creek Campground. Owners C.J. and Jeanne Sands, who are Rutherford EMC members, had also seen the campground damaged the week before during flooding from Frances.

Although Hurricane Ivan was downgraded to a tropical depression by the time it reached North Carolina on Sept. 16, as was Hurricane Frances when it arrived on Sept. 7, both caused power outages, extensive damage and agony to families and businesses in western North Carolina. Heavy rains caused rivers to flood their banks and sent floodwaters to wash out roads and close off downtown areas. Eleven people in North Carolina died because of Ivan.

Electric cooperatives most affected by the storms included Blue Ridge EMC, French Broad EMC, Haywood EMC and Rutherford EMC. Haywood EMC was the hardest hit cooperative. At its peak, the power outages reached more than 15,000 on the co-op's 22,827-member system. Blue Ridge EMC reported more than 12,000 outages on its 66,831-member system.

More than 100 line and tree personnel from other state co-ops converged on the area to help with power restoration.

About 6,000 of Haywood EMC's outages resulted from a downed Duke Power supply line that feeds eight of the co-op's main circuits in Transylvania, Jackson and Macon counties. Duke Power and Haywood EMC line personnel worked together to repair the line.

The same area had been hit by remnants of Hurricane Frances the previous week. Frances caused about 2,000 power outages in the Haywood EMC territory. Washed out roads, debris and flooding hampered power restoration for both storms.

For Rutherford EMC, the hardest hit areas from both storms included North Cove and Linville Falls in McDowell County; Holbert's Cove and Lake Adger in Polk County; and Cedar Creek, Whitehouse, Bill's Creek, Lake Lure and Pinnacle Mountain in Rutherford County. Extreme flooding prevented the co-op from restoring power to some members in the North Cove and Linville areas until water levels had dropped enough to reach power lines.

Mike Singleton

This road along the East Fork Branch near the Cruso community of Haywood County was so washed out after the floods of Frances that a local bulldozer operater had to tow an M.B. Haynes bucket truck to reach damaged Haywood EMC poles and lines.

North Carolina's electric cooperatives sent more than 200 personnel to Alabama, Florida and Georgia to help with power restoration for millions of people left in the dark by Hurricane Frances. Crews from 17 of the state's 27 cooperatives were sent south, including western co-ops who had just recovered themselves. The electric cooperatives returned the favor given to them by many out-of-state cooperatives who sent crews here after the rash of hurricanes to hit the state in recent years. Since most electric cooperatives utilize the same engineering and design for their power distribution networks, line crews from across the country can get right to work because they are essentially working on the same type of system used at their home cooperative.

All the state's Touchstone Energy co-ops extended sympathy to those who fell victim to the storms and lost property.

—Rick Martinez, Gordon McDaniel, Suzanne Ward

Winter tips for manufactured homes

Your best opportunity for manufactured or mobile home energy savings may be to add more insulation to the roof and floor, according to energy efficiency expert John Krigger. Most roofs and floors on these types of buildings are already insulated, but the cavities are usually only partly filled, he says. Filling these areas can save up to 20 percent of your heating cost.

You'll need to hire a professional insulator to blow insulation into the roof or floor. Blown fiberglass insulation is best for mobile home cavities, Krigger says, since cellulose insulation absorbs moisture and contains fire retardants that can corrode a home's metal parts.

Does your manufactured home have storm windows? Storm windows can make a tremendous difference in your home's comfort level and they save plenty of energy, too. Manufactured homes usually have their storm windows installed on the interior rather than on the exterior as in site-built homes. Check your windows to see if you have storm windows on every window. If any of your storm windows are broken, have them repaired. Your local glass dealer can build you new storm windows or repair old ones.

Take some time now to seal air leaks. The best time to search for air leaks is on a windy day, because you'll be able to find drafty places more easily. Seal around any pipes or wires you find under sinks or near electrical boxes. Look in the closet that houses your water heater, too, especially if it opens to the outdoors. These closets often have large holes connecting to the bathroom or bedroom. Seal the air leaks between the closet and indoor rooms with pieces of paneling and liquid foam-in-a-can.

Remember to attend to your heating system periodically throughout the winter. If it has a filter, replace it as often as it gets dirty or at least once during the heating season.

John Krigger of Saturn Resource Management is author of "Surviving the Seasons," and "Residential Energy: Cost Savings and Comfort for Existing Buildings." For more information, visit his Web site www.srmi.biz.

Dave Rowe

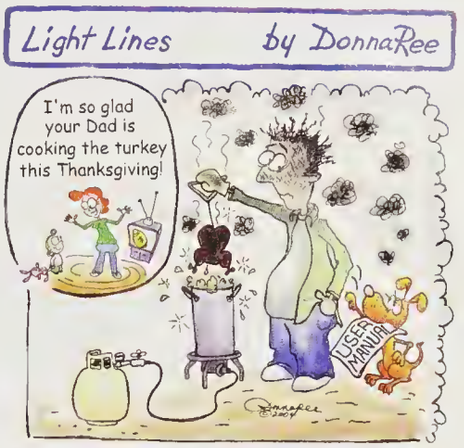
U.S. Rep. Howard Coble, Republican of Greensboro, visited the Randolph EMC office in Asheboro this fall. The Congressman, who represents North Carolina's 6th Congressional District, has been a key supporter of the state's cooperatives in their effort to get personnel in place quickly to restore power after major outages.

Oil and gas heating prices will rise

The majority of U.S. homes that heat with natural gas, oil or propane can expect to see their heating bills jump 10 to 15 percent this winter because of rising crude oil prices and tightening of supplies of natural gas, according to a U.S. Energy Department outlook.

Homes heated by natural gas will pay 15 percent more in heating costs than the 2003–2004 season. The winter season runs from October through March, according to the Energy Information Agency. Natural gas is used in 55 percent of homes to provide heat.

Heating oil expenditures are expected to rise for consumers by 11 percent and propane gas by 15 percent.

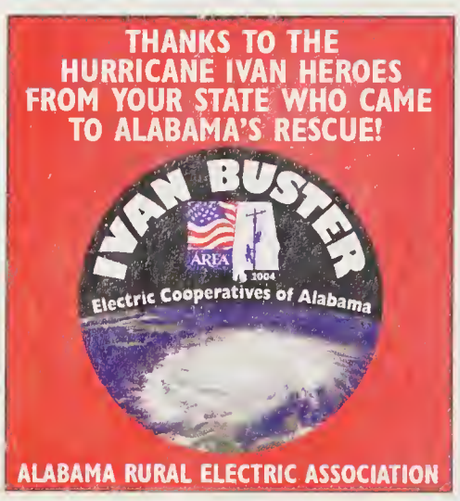


Co-ops support World Burn Congress

North Carolina's Touchstone Energy cooperatives collectively were a "platinum donor" at the Phoenix Society's 16th Annual World Burn Congress held Oct. 13–17 at the Sheraton Imperial Hotel and Convention Center in Research Triangle Park. The Congress was hosted by the University of North Carolina Hospitals and the North Carolina Jaycee Burn Center.

The World Burn Congress gives hundreds of burn survivors, their families and friends, burn care professionals and members of the fire service an opportunity to learn about issues of concern, share common experiences and just have fun. This was the first time the World Burn Congress was held in North Carolina.

North Carolina's Touchstone Energy cooperatives have long supported the work of the "Learn Not To Burn" program at the UNC Burn Center.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Holiday Gift Guide

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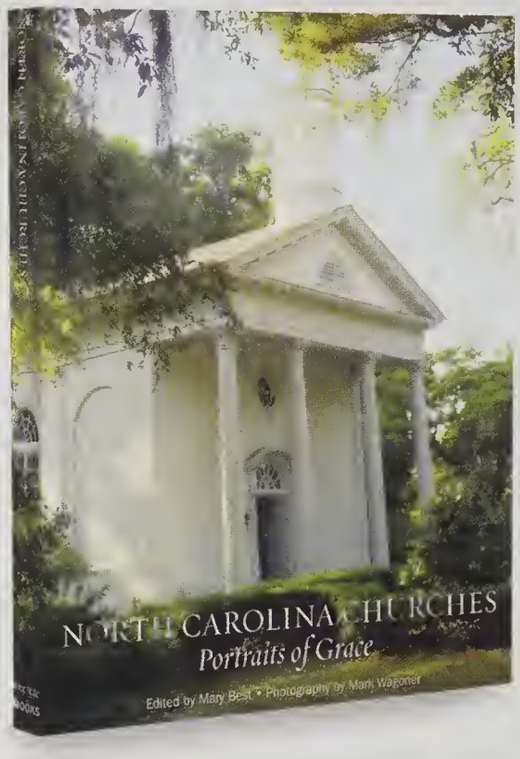

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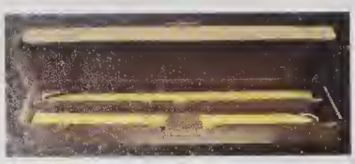
These 10-inch beeswax and tallow candles are handcrafted in replicas of the original Moravian tin molds. Candles are $3.50 for a box of two, plus $3.85 for shipping. A case of 24 boxes is $75, plus $9.50 for shipping. Shipping costs vary based on the number of candles you purchase. Make checks payable to "Home Moravian Men of the Church."



Moravian Candle Sales
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www.home-moravian.org

Smoky Mountain Cooperative

In 1976, a group of mountain crafters joined forces to build a place to sell their homemade wares. Today the craft cooperative showcases the works of more than 100 artisans who live within 75 miles of the shop. Located in Dillsboro, in the foothills of the Smoky Mountains, the store features art ranging from cornshuck dolls and quilts to baskets and tatted lace—all contained with the walls of an historic log cabin. The shop's inventory is constantly changing.

Smoky Mountain Cooperative
90 Webster St.
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Holiday Gift Guide

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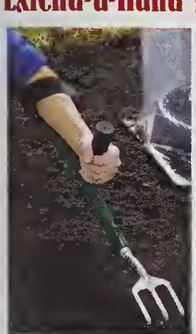
Aunt Ruby's Peanuts from Enfield, North Carolina, makes very popular gifts any time of the year!

We offer them raw, roasted in the shell, country-style, red-skin style, honey roasted, and chocolate-covered in individual cans in several sizes or in a variety of gift packs. This year we are introducing the popular cashews and have combined them in new gift packs.

We invite you to call our toll free number, (800) 843-0105 or order online at www.auntrubyspeanuts.com for quick delivery.

A&B Milling Company
P.O. Box 278
Enfield, NC 27823
(800) 843-0105
www.auntrubyspeanuts.com

Extend-a-Hand gardening tool



Designed to fight "gardening fatigue," the Extend-a-Hand gardening system gives you the power of a right-angled handgrip, and the leverage of a padded forearm support to reduce strain. Handle length adjusts to your arm. It comes with four practical attachments: pruning saw, cultivator, hoe and trowel.

Lightweight aluminum Extend-a-Hand can help folks with arthritis, carpal tunnel syndrome and other wrist/forearm problems. It costs $24.99, plus $5.95 for shipping. Available through Country Store Catalog, a division of Birds and Blooms.

Extend-a-Hand
Birds and Blooms
Suite 5003, P.O. Box 990
Greendale, WI 53129
(800) 558-1013
www.countrystorecatalog.com

NC Food Bank

The Food Bank of central and eastern North Carolina is a nonprofit organization that provides food for people in 34 counties. Almost half of the people served by this Food Bank's network are children, and another 11 percent are elderly. Others are the working poor. For every $1 donated, Food Bank returns over $10 of groceries to the community. The Food Bank welcomes all volunteers—corporate, religious or individual. North Carolina is home to six Food Banks of America's Second Harvest: Asheville, Charlotte, Albemarle, Fayetteville, Raleigh and Winston-Salem.

(919) 875-0707
Central and Eastern NC Food Bank www.foodbanknc.org
Northeastern NC www.afoodbank.com
Northwestern NC www.hungernwnc.org
Western NC www.mannafoodbank.org
Charlotte Area www.secondharvestcharlotte.org

THE Carolina Country STORE

Holiday Gift Guide

Bertie County Peanuts

Bertie County Peanuts began with Poppa Jack and his famous "blister fried" peanuts. The crunchy, fresh peanut taste was a huge hit with our local experts—peanut farmers themselves. Today, Bertie County Peanuts offers a variety of peanut snacks and treats. From our Blister Fried and Chocolate Dipped peanuts to our new line of spicy snacks, you can find gifts for everyone on your list. Call for a free brochure.

Bertie County Peanuts
217 US 13 North
Windsor, NC 27983
(866) 233-7688
www.pnuts.net

Carolina Leatherworks

Carolina Leatherworks in Fleetwood produces a variety of leather products including handbags, chaps, vests, jackets, jeans, belts, travel bags, wallets, notebook computer bags, saddlebags, tool bags and biker caps. They carry Milwaukee leather and insist that you will be 100 percent satisfied with your purchase. Most items are made in North Carolina and ship within 24 hours, Monday through Friday. Leather "Down Under" hat (shown) is $16.95.

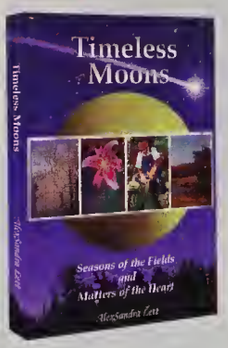
Carolina Leather Works
13830 US 221 South
Fleetwood, NC 28626
(336) 877-8771
www.carolinaleatherworks.com

Outer Banks Fudge Company

This Nags Head shop makes its fudge in copper kettles over an open flame, then pours the creamy concoction by hand. Fudge (17 flavors), cheesecakes, Belgian treats and "the world's first and only Salt Water Fudge." Recipes use less sugar than usual to avoid a grainy texture. Salt Water Fudge is 8 ounces for $7.99. Nine Oreos covered with Belgian chocolate, $7.49.

Outer Banks Fudge Company
2236 S. Croatan Hwy.
Nags Head, NC 27959
(877) 449-8484
www.fudgeman.com

Books on Country Living



Enjoy reading about the moon, MoonPies, moonshine and more in "Timeless Moons: Seasons of the Fields and Matters of the Heart" ($20) by celebrated Lee County author AlexSandra "Sandy Lynn" Lett. "Sandy Lynn" is known for taking readers back to simpler times and Southern country traditions. She also wrote "A Timeless Place: Lett's Set a Spell at the Country Store" ($20) and "Timeless Recipes and Remedies" ($10). For tax and shipping add $4 first book, $1 each additional book.

Southern Books & Talks
1996 Buckhorn Road
Sanford, NC 27330
919-258-9299
LettsSetaSpell@aol.com
www.atimelessplace.com

Almanac, Southern Style

Want to know "How To be A Genius?" Or perhaps you are curious as to what days are slated to be the best for fishing. "The Old Farmer's 2005 Almanac," which claims "80 percent accuracy" for its regional weather forecasts, offers these articles along with Brunswick stew and vegetable pot recipes from celebrated North Carolinian chef and author "Mama Dip." Continuously published since 1792, the Southern Edition of this coming year's Almanac also includes a discussion of just how close you have to be to a hog barn before you smell it. Softcover, 256 pages, published by Yankee Publishing Inc., $5.99.

Yankee Publishing Inc.
1121 Main Street
Dublin, N.H.
(800) 729-9265, ext. 220
www.almanac.com

Holiday Gift Guide

THE Carolina Country STORE

Kids Cards

Kids Cards turns artwork by patients at North Carolina Children's Hospital into all-occasion and holiday cards. "Baby Prints" cards are made by Karen Thaxton, a nurse who works in the Newborn Critical Care Center. All hand and footprints are the actual size of the babies who donated them.

Packs of 10 cards for $7. Proceeds fund programs to help make a kid's stay in the hospital more friendly, to feed families during hospital stays and to buy strollers, toy boxes, books and educational materials. Also for sale are t-shirts, totes and travel mugs.

Kids Cards Project
P.O. Box 3461
Chapel Hill, NC 27515-3461
(800) 842-6004
www.kidscards.org

"Wilson Creek" by Dempsey Essick

Artist Dempsey Essick came upon this scene while hiking along Wilson Creek near Yellow Buck Mountain in Pisgah National Forest. Not far from Blowing Rock and the community of Edgemont, it is a pristine spot where you could drink the bubbling water and encounter a doe and fawn doing the same. As is the artist's custom, a hidden hummingbird is included in the image. A limited number of prints are available. Prints measure 20 by 15¼ inches and are shipped flat. The cost is $120 (total $143.40 with tax, shipping and insurance). Mention Carolina Country and get a free 2005 Dempsey Essick desk calendar, a $9.95 value.

The Essick Gallery
5968 Old Hwy 52
P.O. Box 1149
Welcome NC 27374-1149
Phone: (336) 731-3499
www.dempseyessick.com
E-mail:
wetpaint@dempseyessick.com

Billy's Sauces

"The Sauce Worth the Cost" is how folks describe Billy's distinctive, vinegar-based sauce. The eastern North Carolina-style treat can be slathered on chicken, pork, fried turkey, seafood, beans and other cookout fare. Billy Trevathan first marketed his homemade recipe for a 1994 church fundraiser. He and wife, Jean, both members of Edgecombe-Martin County EMC, have been selling it ever since. Sauces come in hot, mild and a cocktail sauce. Two in a pack cost $7.50; three in a pack $10.75; a case of 12 bottles is $30. See Billy's Sauce in Piggly-Wiggly and IGA stores from Raleigh to the beach.

Billy's Sauces
247 S. Shiloh Farm Road
Tarboro, NC 27886
(252) 823-4931
www.billyssauces.com

Forge Mountain Foods

Forge Mountain Foods and Gifts takes you back to grandmother's kitchen with syrups, preserves, jams, jellies, relishes and pickles. Forge Mountain puts up over 200 varieties of old-timey food from watermelon rind preserves to moonshine jelly to blackberry jam. Other products include Home Baked Cake in A Jar (three 14-inch cakes for $27.25) and Buttery Scottish Shortbread (19-ounce for $19.95). Try "Homemade Half Pints" box, with your choice of three-and-a-half pints of jellies, jams or preserves for $17.50 or 12 pints for $39.95. Shipping is included in price.

Forge Mountain Foods
P.O. Box 1055
Flat Rock, NC 28731
(800) 823-6743
www.forgemountain.com

Scenic Train Tour

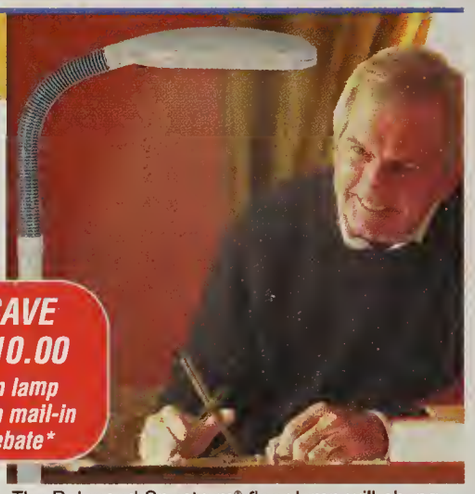
Great Smoky Mountains Railways boasts 53 miles of track, two tunnels and 25 bridges. Choose from a variety of round-trip excursions departing from depots in Dillsboro and Bryson City. Enjoy an evening aboard the Gourmet Dinner Train ($64 per person) or participate in the Mystery Theatre Dinner Train ($74 per person). The Santa Express, featuring entertainment, holiday carols and Santa himself, will run Dec. 1-24.

Great Smokey Mountains Railways
P.O. Box 397
Dillsboro, NC 28725
(800) 872-4681
www.gsmr.com

FREE Gift for Co-op members *(a $20.00 value)*
See details below

A floor lamp that spreads sunshine all over a room

The Balanced Spectrum® floor lamp brings many of the benefits of natural daylight indoors for glare-free lighting that's perfect for a variety of indoor activities...now available for under $50!

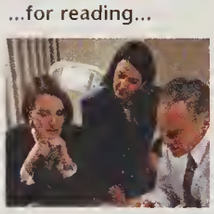


The Balanced Spectrum® floor lamp will change the way you see and feel about your living or work spaces.

Since Edison invented the light bulb, lighting technology has remained relatively prehistoric. Modern light fixtures do little to combat many symptoms of improper lighting, such as eyestrain, dryness or burning. Now, there's a better way to bring the positive benefits of natural sunlight indoors.

Use the Balanced Spectrum® floor lamp...

...for reading...


...at work...

...and when you need a source of natural light for close-up tasks.

The Balanced Spectrum® floor lamp will change the way you see and feel about your living or work spaces. Studies show that sunshine can lift your mood and your energy levels, but as we all know the sun, unfortunately, does not always shine. So to bring the benefits of natural daylight indoors, use the floor lamp that simulates the full spectrum of daylight. You will see with more clarity and enjoyment as this lamp provides sharp visibility for close tasks and reduces eyestrain.

Its 27-watt compact bulb is the equivalent to a 150-watt ordinary light bulb. This makes it perfect for activities such as reading, writing, sewing, needlepoint, and especially for aging eyes.

We've looked at lots of lights, but this one offered the benefit of dual light levels of 27 and 18 watts of power equivalent to 150 and 100-watt incandescent bulbs. This lamp has a flexible gooseneck design for maximum efficiency, with an "Instant On" switch that is flicker-free. The high-tech electronics, user-friendly design, and bulb that lasts five times longer than an ordinary bulb make this product a must-have.

SAVE $51 over the life of one Balanced Spectrum™ bulb!"

A 150 watt incandescent bulb uses $0.013 per hour in energy cost. The Balanced Spectrum bulb uses an average of **70% less energy** which saves you $0.009 per hour. Based on 5,000 hours bulb life, the Balanced Spectrum bulb will save **$46** in energy cost. *Plus*, because the Balanced Spectrum bulb last 10 times longer than an incandescent bulb priced at an average of $.50, an additional **$5** savings is realized.

**Source. "Lighting the Way to Energy Savings"; 1999

What's the difference with Balanced Spectrum®?

The value of a light source is measured by how well it renders all colors of the visible spectrum without bias. The Color Rendering Index (CRI) is measured on a scale of 1–100. The bulb used in the Balanced Spectrum® lamp is an exceptional light source with a CRI of 84. This will provide better vision and energy savings through a full spectrum of light with a brighter bluish tint versus the same area lit by lighting with more of an orange or reddish tint.

Height as shown: 50"

Exclusive member bonus! Order your own Balanced Spectrum® floor lamp, today and receive this exciting bonus gift pack including:

- $20 Coupon off your next purchase
- Free 6-month subscription to *first*STREET monthly product review magazine.

Try the Balanced Spectrum® floor lamp now at it's lowest price of less than $50! Now more than ever is the time to add sunshine to *every* room in your house at this fantastic low price! The Balanced Spectrum® floor lamp comes with a one-year manufacturer's limited warranty and *first*STREET's exclusive guarantee. Try this product for 90 days and return it for the product purchase price if not completely satisfied.

This light can change the way you live and work

As a commercial photographer, I probably give more attention to lighting than most people and therefore was impressed with the smooth, soft daylight quality of your lamp.

Dennis M.
Richmond, VA

I sit in my comfortable chair after my husband has gone to bed, and I turn that lamp on. It makes it so nice because it's like daylight over my chair...I don't get sore eyes like I used to.

Grace A.
Margate, FL

Results may vary.

Technology revolutionizes the light bulb

- *5,000 hours bulb life*
- *Energy efficient*
- *Shows true colors*

Balanced Spectrum® floor lamp
Item# ZL-3589 . . . . . was ~~$59.95~~
*Save $10 with mail-in rebate
Only $49.95 + S&H after rebate
FREE member gift pack—a $20.00 value!
Please mention promotional code 28904.
For fastest service, call toll-free 24 hours a day
866-237-2688
To order by mail, please call for details.
www.balancedspectrum.com

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Colonial Heights, VA 23834

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38838

THE EXCLUSIVE LIMITED EDITION A-2 TOMAHAWK FLYING JACKET

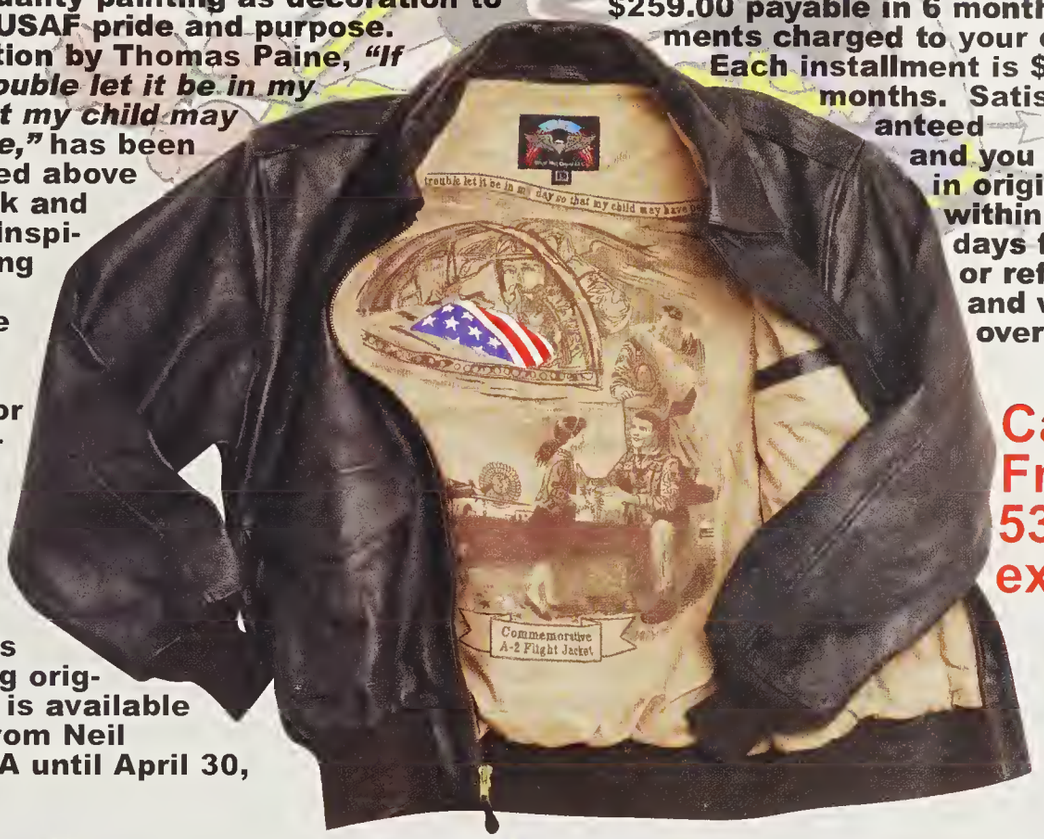
Honoring those who protect us

Own the jacket that salutes our US Air Force heroes - Now with a Special Commemorative Lining!

The US Air Force is the key element to American armed forces success. These gallant heroes represent the qualities of leadership, innovation, and dedication to American ideals. They are individuals who stand apart from their peers.

Original Artwork and Legendary Wisdom

Cooper USA commissioned a distinguished artist, Christopher Michaels, to create a museum quality painting as decoration to celebrate USAF pride and purpose. The quotation by Thomas Paine, *"If there is trouble let it be in my day so that my child may have peace,"* has been embroidered above the artwork and serves as inspiration during unsettled times. The painting expresses our hope for new beginnings and the "Spirit of America" in flight with our pilots. This outstanding original jacket is available *exclusively* from Neil Cooper USA until April 30, 2005.



The A-2 Design for the 21st Century

The A-2 is the famous flight jacket worn by USAF pilots. Cooper adapted the jacket for the 21st Century with practical side-entry hand warmer pockets plus an inside pocket. Constructed from supple water repellent brown goatskin, the Tomahawk advances the design while remaining true to the original. Own the LE A-2 jacket for just $259.00. Sizing XS-5XL regular and long. It can be purchased with a blank lining for $248.50.

Convenient Monthly Installments

Own the Limited Edition A-2 for just $259.00 payable in 6 monthly installments charged to your credit card. Each installment is $43.17 for 6 months. Satisfaction guaranteed and you can return it in original condition within the first 30 days for exchange or refund. Call us and we'll fit you over the phone.

Call Toll-Free: 877-532-4531 ext. 186

30-Day Money Back Guarantee

Pay in 6 Monthly Installments of $43.17

Free Shipping

A portion of each sale goes to a humanitarian organization which provides relief/emergency services. *Satisfaction* ***Guaranteed!***

Eagle Rose
436 Ferry Street, 2nd Floor
Newark, NJ 07105

Please send me _____ LE Tomahawk A-2 (LE6150 - $259.00)
Size (XS - 5XL) _____ Regular _____ Long _____
Please send me _____ Tomahawk A-2 (GT6150 - $248.50)
Size (XS - 5XL) _____ Regular _____ Long _____
Please send me _____ Cooper A-2 (3104 - $248.50)
Size (even size 34 - 60) _____ Regular____ Long _____

_____Charge single payment of per jacket. (Limited, $259; A-2, $248.50)
_____Charge installments to my credit card. (Limited $43.17; A-2, $49.70)
____Mastercard ___VISA ____Discover ____American Express

Orders by money order/phone/credit card ship within five business days; orders by check are held until check clears. Shipping/handling slightly higher on products sent outside the Continental US, call for details.

1-877-532-4531 ext 186

www.NeilCooperUSA.com

Name_____
Address_____
City/State/Zip_____
Credit Card #_____Exp. _____
Signature_____
Telephone_____

_____ I prefer not to use a credit card. Enclosed please find a check or money order for the full amount of $259.00 for Limited Edition or $248.50 for the original A-2 or Tomahawk.

She Put Love Into Everything She Made

Your testimonials that Mama's cooking is always the best

Rolling in the dough

Martha Holland, my 92-year-old mother, *(pictured above)* is a wonderful cook. She is rolling out dough for our favorite meal, chicken and dumplings. She has passed her talent down to her five daughters who can make them *almost* as good.

Clara Flinehum
Carthage
Central EMC

Over time a culture's unique ways of talking or living will evolve and can eventually become watered down, even lost. But it has been said that the last thing to go, the one thing that persists through generations, is food. Our tastes, our favorite dishes, our warm memories of Mama's cooking stick with us.

Talented and experienced cooks across North Carolina can add a pinch and a dash to make a simple dish shine. About half of you gave equal credit to the love with which the dish was made. A word to the wise from many who wrote: Ask your mother or your grandmother how she makes her signature dish today. It will never taste as good when you make it yourself, but maybe that's not the most important thing.

Kim Whorton Tripp, Contributing Editor

More black-eye peas, please

I grew up in a single-parent home and times were rough. My father chose to be absent, and my mother struggled to support me and my two older brothers.

It was necessary to make meals stretch, and Mother was a master at stretching meals. The one food we all loved was dried black-eye peas. The first day Mother would have the peas cooked with fatback, fried Irish potatoes with onions and cornbread. The second day Mother would have fried black-eye pea patties, polk salad with eggs and onions and fried fatback. And if any peas were left, Mother would make black-eye peas mixed with macaroni, mayonnaise and sweet pickle relish.

I think what made Mama's cooking the best was all the love she put into everything she cooked. That's the one ingredient we all crave, but money can't buy.

Geraldine Melvin
Parkton
Lumbee River EMC

Peas

- 2 pound bag of dried black-eye peas
- Fatback for seasoning
- Salt to taste

Inspect peas for foreign material and bad peas. Wash peas and place in enough water to cover with about three fingers more water. Add fatback, and bring to a boil. Lower heat to medium. Add salt to taste. Add water as needed. Cook until done.

Black-Eye Pea Patties

- 1 cup of cold, cooked black-eye peas
- 1 ½ cups self-rising flour
- ¼ cup chopped onions or more (I love onions, so I use ½ cup)
- 4 tablespoons water or enough to make stiff batter

Mix with spoon and drop into hot oil in old cast iron frying pan. Brown on one side and then on the other.

Black-Eye Pea and Macaroni Salad

- ½ cup cold black-eye peas
- 1 pound package elbow macaroni cooked and cooled
- 2 tablespoons sweet pickle relish
- ¼ cup mayonnaise
- ¼ cup chopped green bell peppers
- ¼ cup chopped celery

Mix and serve on lettuce leaves.

Thanks to everyone who submitted stories. More testimonials of Mama's cooking are available online at www.carolinacountry.com. Next month: something you learned about your grandparents. (Deadline was Oct. 15). See more themes and rules of our "Nothing Could Be Finer" series on page 18.

GO ONLINE
www.carolinacountry.com

Shoebox lunch

My parents are Bill and Lucille Jones. I was raised in Engelhard. Now, Mama can cook EVERYTHING, but what are most vivid in my memories are the times when we kids would take a class trip and need to take a "box" lunch. Well, there were five of us kids, and Daddy got really sick with his heart when he was around 41, and you just couldn't get help like people do now. So my Mama sacrificed a lot for us. She didn't have a fancy lunch box (she used a shoebox and twine), no fancy plastic sandwich bags (she used waxed paper), no "store bought" sandwich ham, chips, cakes or things.

Mama would get up before daylight and boil one egg to make you a deviled egg. Boil one potato to make potato salad, with her famous homemade pickles. Make you a banana sandwich with mayonnaise, yes, mayonnaise. And fry you a couple of chicken legs. Nobody can fry chicken like Mama. Don't forget the paper towels for napkins. All this was wrapped in wax paper. The egg halves were even held together with a toothpick so as not to stick to the paper, and then she packed all this with a generous helping of love and sacrifice into a shoebox. She tied it with twine and sent us on our way.

Now, kids being kids, we didn't much appreciate the hard work back then because we wanted to be like the others and have the "fancy stuff." But having two of my own children and five grandbabies, I understand where Mama was coming from. She did the best that she could by us. Mama is 77 years old now and has had some rough years with her health. But she is still called on to cook for the community bazaars, and we always have tons of family and friends for Thanksgiving and Christmas. (Chicken salad and rice soup, but that's another story.)

Sue Harper
Belhaven
Tideland EMC

Mama worked hard for goodness cakes

The smell of cooking is truly the fragrance of my childhood. My mama was born in Stanly County in 1906—one of 12 children. Being the middle child, her job was to help her mother cook three hearty meals daily for the large farm family. She was only able to finish third grade, but was so wise in the ways of sustenance and survival.

Effie Hathcock and Hauty Eudy married in 1922 and could not have children. They adopted me in 1948 when they were 41 and 48 years old. Daddy worked in Cannon Mills and Mama took in sewing and baked for the public. Everybody in Kannapolis knew Miss Effie's cakes, pies and home-cooked meals at church. She was one of the founding forces of the Cabarrus County Fair. She won hundreds of ribbons for her baking, canning and sewing. (The picture is a quilt and wall hanging I had made for her from just some of her first-place ribbons.)

At Christmas, Mama took orders for more than 200 cakes during the first three weeks in December—Italian Crème Cake, Fresh Green Coconut Cake, German Chocolate Cake, and Japanese Fruitcakes—as well as any other type of cake anyone wanted. She would have four mixers going at the same time while Daddy broke the fresh coconuts—draining them and grinding the sweet meat. My job was to answer the door when people came to pick up their cakes, take their $1.50 or $2 and be certain to say "thank you."

Serving a meal for 500, 50 or five folks was Miss Effie's joy. She catered weddings into her mid-80s. Food was her way of showing love. Miss Effie taught all around her that food not only sustains the body but also fills the soul.

Melinda E. Ratchford
Belmont
Rutherford EMC

Effie Eudy's Italian Crème Cake Recipe
available online at www.carolinacountry.com

Mama's spaghetti boy

Here is my son Ryland at 15 months old enjoying his mama's homemade spaghetti. It's one of his favorites, as you can clearly see.

George, Kristin, Parker and Ryland Brough
Wake Forest
Wake EMC

Pie in your eye

Like most Southern women, I think my Mama's cooking is the best. My all-time favorite recipe that Mama (Carolyn Woolard) makes is chocolate pie. Everyone who tastes it also agrees that it is a delicacy beyond compare. She found the recipe about 40 years ago in a cookbook published by "Progressive Farmer." Thanksgivings and Christmases would not have been the same without that pie. Sometimes Granddaddy would not even bother to cut a piece. He'd just dig right in with his fork and wouldn't come up until the whole thing was gone!

Today, she makes them more often because, as you can see, my sons Landon, 6, and Matthew, 2, love them as well. But no matter how often Mama makes them, the family never tires of them. I'm sure generations to come will enjoy this recipe.

Elizabeth Adams
Bath
Tideland EMC

Chocolate Pie

3 tablespoons flour
3 tablespoons cocoa
1 cup sugar
Pinch of salt
2 egg yolks
2 cups milk
2 tablespoons butter
1 teaspoon vanilla
1 9-inch pastry shell, baked
Meringue

Mix flour, cocoa, sugar and salt. Stir in egg yolks; add milk. Cook in a double boiler until mixture is thick. Remove from heat. Add butter and vanilla. Pour into pastry shell and top with meringue. Bake for 12-15 minutes at 350 degrees.

Men and meatballs

I grew up in the suburbs where Mom worked as a bookkeeper. She never kept a garden, canned vegetables or baked much, but I'll match her cooking with anyone's. Gram lived with us, preparing most of the meals during the week, but on weekends the kitchen was Mom's domain. She loved to try different ethnic recipes, so for Italian guests she might serve scaloppini, for the Krauses it was sauerbraten. Therefore, when I invited my new boyfriend Row Carlson to dinner, she served Swedish meatballs. After 45 years of married bliss, these meatballs still have special persuasive properties for Row and me.

So when our oldest daughter called from college proclaiming she was making dinner for the man of her dreams, she wanted Grandma's Swedish Meatballs recipe. "They will bowl over this country boy!" she exclaimed, and I guess they did as they married the following year.

Grandma's Swedish Meatballs have proven to be real man pleasers for us city gals. I think it's the allspice!

Sandy Carlson
Edenton
Albemarle EMC

Grandma's Swedish Meatballs Recipe
available online at www.carolinacountry.com

Send us your best
Earn $50

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

January 2005
The Best Investment I Ever Made
What was it and why.
Deadline: Nov. 15

February 2005
Finally On My Own
Tell us about the first place you lived on your own. Send pictures.
Deadline: Dec. 15

March 2005
Whacky Plants
Pictures of strange-looking or unusual garden plants or produce?
Deadline: Jan. 15

April 2005
Road Trip Horror Stories
Where did you go and what happened? Send pictures.
Deadline: Feb. 15

May 2005
Safety Lessons
Accidents and mishaps that taught you a safety lesson.
Deadline: March 15

June 2005
On the Farm
The best things about growing up or living on a farm.
Deadline: April 15

July 2005
The First Meal I Ever Made
What was it and how did you like it?
Deadline: May 15

August 2005
What I Learned From My Kids
Sometimes children can teach grown-ups a thing or two.
Deadline: June 15

September 2005
Celebrity Look-alikes
Photos of people who are dead-ringers for someone famous. Digital ones must be 300 dpi and at least 4 by 6 inches.
Deadline: July 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
   Or by e-mail: carolina.country@ncemcs.com.
   Or through the Web: www.carolinacountry.com

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NON-TOBACCO RATES

MONTHLY RATES

	Issue Age	$50,000 Male	$50,000 Female	$100,000 Male	$100,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
15 Year Term	20-25	Call for more information		12.34	11.11	14.88	12.91	24.50	20.56
	26			12.34	11.11	14.88	12.91	24.50	20.56
	27			12.34	11.11	14.88	12.91	24.50	20.56
	28			12.34	11.20	14.88	13.13	24.50	21.00
	29			12.34	11.20	14.88	13.13	24.50	21.00
	30			12.34	11.20	14.88	13.13	24.50	21.00
	31			12.34	11.29	14.88	13.13	24.50	21.00
	32			12.34	11.29	14.88	13.13	24.50	21.00
	33			12.43	11.38	14.88	13.34	24.50	21.44
	34			12.43	11.46	14.88	13.34	24.50	21.44
	35			12.43	11.64	14.88	13.56	24.50	21.88
	36			12.78	11.99	15.53	14.22	25.81	23.19
	37			13.21	12.51	16.41	15.31	27.56	25.38
	38			13.56	13.04	17.06	16.41	28.88	27.56
	39			14.09	13.74	17.94	17.50	30.63	29.75
	40			14.61	14.35	19.03	18.81	32.81	32.38
	41			15.66	14.96	20.78	19.91	36.31	34.56
	42			16.98	15.66	22.97	21.22	40.69	37.19
	43			18.11	16.10	25.38	22.09	45.50	38.94
	44			19.51	16.71	27.78	23.41	50.31	41.56
	45			21.18	17.59	30.63	24.94	56.00	44.63
	46			22.49	18.20	33.03	26.03	60.81	46.81
	47			24.33	19.08	36.53	27.56	67.81	49.88
	48			26.16	20.04	39.81	29.31	74.38	53.38
	49			28.18	20.83	43.75	30.84	82.25	56.44
	50			30.36	21.96	47.91	33.03	90.56	60.81
	51			32.64	23.19	51.84	35.22	98.44	65.19
	52			35.35	24.59	56.88	37.84	108.50	70.44

MONTHLY RATES

	Issue Age	$50,000 Male	$50,000 Female	$100,000 Male	$100,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
15 Year Term	53	Other amounts also available		38.06	26.16	61.91	40.69	118.56	76.13
	54			40.86	27.65	67.38	43.31	129.50	81.38
	55			44.36	29.58	73.72	46.81	142.19	88.38
	56			50.31	32.73	84.66	51.84	164.06	98.44
	57			56.96	35.96	96.91	57.31	188.56	109.38
	58			64.14	39.64	110.03	63.00	214.81	120.75
	59			71.23	43.31	123.16	69.13	241.06	133.00
	60			80.15	47.86	139.56	76.34	273.88	147.44
10 Year Term	61			53.99	37.36	96.91	60.59	188.56	115.94
	62			59.50	40.69	108.06	66.50	210.88	127.75
	63			65.01	44.01	119.00	72.19	232.75	139.13
	64			70.53	47.34	129.94	78.09	254.63	150.94
	65			77.44	51.63	143.72	85.53	282.19	165.81
	66			85.14	55.30	158.81	91.44	312.38	177.63
	67			95.46	58.98	179.16	99.53	353.06	193.81
	68			105.79	63.79	199.72	107.41	394.19	209.56
	69			116.11	68.43	220.06	115.50	434.88	225.75
	70			128.98	73.85	245.44	125.56	485.63	245.88
	71			147.79	87.59	283.50	152.69	561.75	300.13
	72			172.81	106.14	334.03	188.78	662.81	372.31
	73			197.84	124.69	384.78	224.88	764.31	444.50
	74			222.86	143.15	435.31	261.19	865.38	517.13
	75			254.19	166.25	498.75	306.25	992.25	607.25
	76			282.89	187.25	556.72	347.38	1108.19	689.50
	77			321.21	215.34	634.16	402.06	1263.06	798.88
	78			359.54	243.43	711.38	456.97	1417.50	908.69
	79			397.86	271.60	788.81	511.88	1572.38	1018.50
	80			442.84	301.44	885.72	580.56	1766.19	1155.88

Premiums illustrated represent ages 61-80 for 10 year level term and ages 20-60 for 15 year level term insurance with guaranteed level premiums for 10 and 15 years (not all forms available in all states). $100,000 rates are LTG Ultra-C, (policy form no. LTG-C01 AG Preferred Nontobacco). $250,000 - $500,000 rates are LTG Ultra (policy form no. LTG 2000AG Preferred Nontobacco). It is issued by American General Life Insurance Company, Houston, TX. Medical examination required. Premiums increase at the end of the guaranteed term if policy is renewed. Premiums for other rate classes, age and payment plans are available upon request. Death benefit remains level and is payable in lump sum, or installments, if so elected. The insurance company may contest the policy for two years from date of policy issue for material misstatements or omissions on the application. Death benefit payable from any cause, except suicide within first two policy years. In the event of suicide in the first two years, policy benefit is limited to return of premium paid. NOT AVAILABLE IN ALL STATES. American General Life Insurance Company is a member of the American International Group, Inc. The underwriting risks, financial obligations and support functions associated with the products issued by American General Life Insurance Company are solely its responsibility. American General Life is responsible for its own individual financial condition and contractual obligations.

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NAME _____

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CITY _____ STATE _____ ZIP _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

HOME PHONE ( ) _____ WORK PHONE ( ) _____

BENEFICIARY _____ AGE _____

The best time to call me is:

❑ Morning ❑ Afternoon ❑ Evening (❑ Home ❑ Work)

I wish to pay my premiums: ❑ Annually ❑ Semi-Annually ❑ Monthly Bank Draft

ADDITIONAL APPLICATION REQUESTED FOR:

NAME _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

Comments: _____

❑ I wish to cover my children

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MS1-B083-Ultra-C/Ultra LTG 15,10

As the general manager of Four County EMC retires, he sees a bright future for the program he loves

Ed Brown's 37-year career with electric cooperatives

By Michael E.C. Gery

Like many young people growing up in the Dardens community of Martin County, Ed Brown in the 1960s figured he'd eventually work at the Weyerhaeuser mill in Plymouth. He figured on studying engineering at N.C. State University to prepare. But while in college, he preferred communication arts, then pursued a master's degree in journalism at UNC-Chapel Hill. Taking a suggestion from a professor, he focused his thesis on the tension underway nationally between consumer-owned electric cooperatives and investor-owned electric companies. During his research he interviewed the boss of North Carolina's state association of electric cooperatives, who later offered the journalism graduate a job. In February 1968 Ed Brown became the association's assistant information director with editorial duties at its magazine, Carolina Country. He remained part of the electric cooperative program for the next 37 years.

"Nothing else has been tempting along the way," Ed Brown said recently as he approached his retirement at the end of October.

After five-and-a-half years with the state association, Edward E. Brown Jr. was hired at age 29 to succeed the manager of Albemarle Electric Membership Corp. which in 1973 served about 5,000 members in northeast North Carolina. Like everyone else, Albemarle EMC members in the mid-1970s faced the effects of the international oil embargo and the cost of their electricity rose. Among other advancements, Brown introduced a computerized billing system that allowed the co-op to adjust rates to reflect energy prices. For years, Albemarle members had paid for electric service without a bill—they worked from a coupon book, reading their own meters monthly and calculating their payment due. Communicating the conversion while earning the trust of the members was a job that came naturally to Ed Brown.

After Albemarle EMC, Brown spread his wings. In 1983, he joined an associate and ventured to Chugach Electric, a large, diverse co-op in Anchorage, Alaska, where he worked about a year in member and public relations. Then he served nearly three years as manager of Ohio's state association of electric cooperatives. When he learned in 1986 that the long-time manager of Four County EMC planned to retire, he expressed interest, hoping to return to North Carolina.

"Our board already knew he was a very smart, outgoing person with good ideas," remembers R.W. "Buck" Blanchard, of Turkey, who was Four County EMC board president in 1986 and remains president today. Blanchard joined the Four County board in the winter of 1968, when he met Ed Brown who himself was in his first year with the co-ops' state association.

"He has been a manager of the highest integrity," Buck Blanchard says. "He brought modern leadership to this cooperative and fit in very well with everyone." Blanchard says Brown was the right person to respond to the growth of the agriculture industry in the region the co-op serves—Bladen, Duplin, Pender and part of Sampson counties—and to represent the EMC to business people. "We could convince them to do business with us, because of Ed's ability to present our proposals."

During his 18 years at Four County, the co-op has seen the opening of Interstate 40 and its accompanying growth in the region's housing, retiree population and hog farm-related businesses. Such power demand required substantial bolstering of a co-op's facilities—recently at a pace of $10–$12 million per year—which occurred during Brown's time. Ed Brown also supervised the building of new office headquarters in Burgaw in 1993. Among other advantages, the facility allowed Four County to accommodate as many as 500 linemen and others who helped rebuild the co-op's system after the hurricanes of the 1990s—Bertha, Fran, Bonnie, Dennis and Floyd. (Brown remembers sitting in the operations center during Floyd in 1999 watching the entire system gradually go down. "Whatever it does," he told the staff, "we'll go out and put it back up one pole at a time.")

It's hard enough to find someone as devoted to cooperatives as Ed Brown, but it's harder still to find someone who can describe his devotion as well he can.

"People who have lived without central station electricity, and who saw it come, naturally have an affinity to the co-op that brought it. Today we can still communicate that relationship, and we want to keep our history, but we must earn that same loyalty and support through other means, through excellent customer service . . . The cooperative difference is ingrained in our business plan, in our service, our policies, our decision-making, our work in the community. All that we do is guided by cooperative principles. We are not driven by profit or to make our stock attractive. We are driven to provide reliable electric service safely and at the best cost we can. Our commitment to the membership is what sets us apart. We live it every day."

Ed Brown believes members will ensure that electric cooperatives will be with us for a long time: "You could say that their greatest achievements are yet to come."

The same may hold true for Ed Brown in retirement. He expects to continue working in one way or another, to attend to his father in Martin County, travel with his wife, Linda, and log more hours flying his two-seater GlaStar homebuilt aircraft.

"I have been blessed with a career in the rural electrification program," he says. "I will always be grateful for that."

Four County EMC serves more than 30,300 members from offices in Burgaw, Elizabethtown and Rose Hill. The co-op has 98 employees and maintains 5,765 miles of line.

North Carolina ranks third in the nation in craft income. Many artisans open their studios for holiday shows and sales in November and December.

Visit art & craft studios this holiday season

As families around North Carolina scurry to make ready for the holidays, another group is also making preparations. Like employees of that famous workshop up North, artists throughout North Carolina are working day and night to make ready for their own busy season.

North Carolina artists and craftspeople spend months preparing their wares for the holidays, and much planning goes into the studio tours, craft fairs, festivals, kiln openings, and exhibits that take place in the last months of the year. That is the time when artisans and craftspeople open their homes and their hearts to audiences eager to view and purchase artwork.

Although painters, sculptors, potters, weavers and other artisans make art because the creative spirit demands they do, there is a practical side to the magic of creation: it is big business. In October, Gov. Michael F. Easley proclaimed 2004–2005 as the "Year of Craft." Providing jobs for more than 6,100 people and providing an income of more than $538 million each year, craft is a source of pride for many North Carolinians. The state ranks third in craft income and was recently listed among the "Top 10" states for cultural and heritage travel by the Travel Industry Association of America and Smithsonian magazine. Those cultural tourists can find where to see, learn about and buy North Carolina craft at www.discovercraftnc.org.

Studio tours and crafts festivals, which are often coordinated in conjunction with local arts councils and convention and visitors' bureaus, are a way for both locals and travelers to stop in and see exactly what those "artist-people" do all year long. Generally, a studio tour will have stops at several galleries and workplaces of local artists. Studio tours are unique because they allow art lovers and purchasers alike to see where and how art is born.

Aside from the sneak peek that the artist allows the audience, studio tours also promote the originality of the craft. Particularly in the holiday season, it is easy to get lost in the mound of mass-produced items available through commercial retailers. Unlike shoppers at a mall or department store, a "studio tourist" sees one-of-a-kind artwork plus the opportunity to buy a unique and personal gift.

There are many chances in the coming weeks to connect with local artists or purchase unique holiday gifts. Check listings below or go to www.ncarts.org/calendar.cfm.

—Jessica Orr

McDowell Artisans Show and Sale
Nov. 20
Marion
www.mountaintreasures.net

Seagrove Pottery Festival
Nov. 22–23
Seagrove
(336) 873-7887
www.seagrovepotteries.com

Carolina Designer Craftsmen Fair
Nov. 26–28
State Fairgrounds, Raleigh
www.carolinadesignercraftsmen.com

Toe River Arts Council Holiday Tour
Dec. 4–5
Spruce Pine area
www.main.nc.us/TRAC

Chatham County Studio Tour
Dec. 4–5, and Dec. 11–12
www.chathamstudiotour.com

American Craft Council Show
Dec. 10–12
Charlotte Convention Center
www.craftcouncil.org

Have House Will Travel

Text and photos by Linda Hill

Jimmy Collins has been moving houses in eastern North Carolina for over 45 years

He enjoys a good working relationship with the electric cooperatives he works with, most often Carteret-Craven and Tideland. "They've got a job to do, they know I've got a job to do, and we all work together."

On a breezy spring afternoon in New Bern, house mover Jimmy Collins and his team are setting a large, old house onto a rather narrow lot, several blocks from its original location. The massive structure is efficiently shoehorned into place, to the amazement of the crowd that has gathered to watch. One onlooker speaks admiringly of Collins' skills, "I believe Jimmy could move Tryon Palace."

Based in Bridgeton, Craven County, Collins has been in the house moving business for over 45 years, having learned the trade from his father. "I thought it was the hardest work I'd ever done in my life," he laughs. But the work got into his blood, and he can't imagine doing anything else.

"It's a picnic now compared to how it was," he says. "We used to have hand jacks, hand rollers, rental trucks. Now we have the most modern equipment there is, more than I ever dreamed I'd have."

Prior to a move, Collins becomes a master scheduler, coordinating the electric, telephone and cable companies who must remove any lines that might impede a house traveling down the street. His work encompasses several counties, including Craven, Pamlico, Beaufort, Carteret, and Hyde. He enjoys a good working relationship with the electric cooperatives he works with, most often Carteret-Craven and Tideland. "They all cooperate with me pretty good," states Collins. "They've got a job to do, they know I've got a job to do, and we all work together."

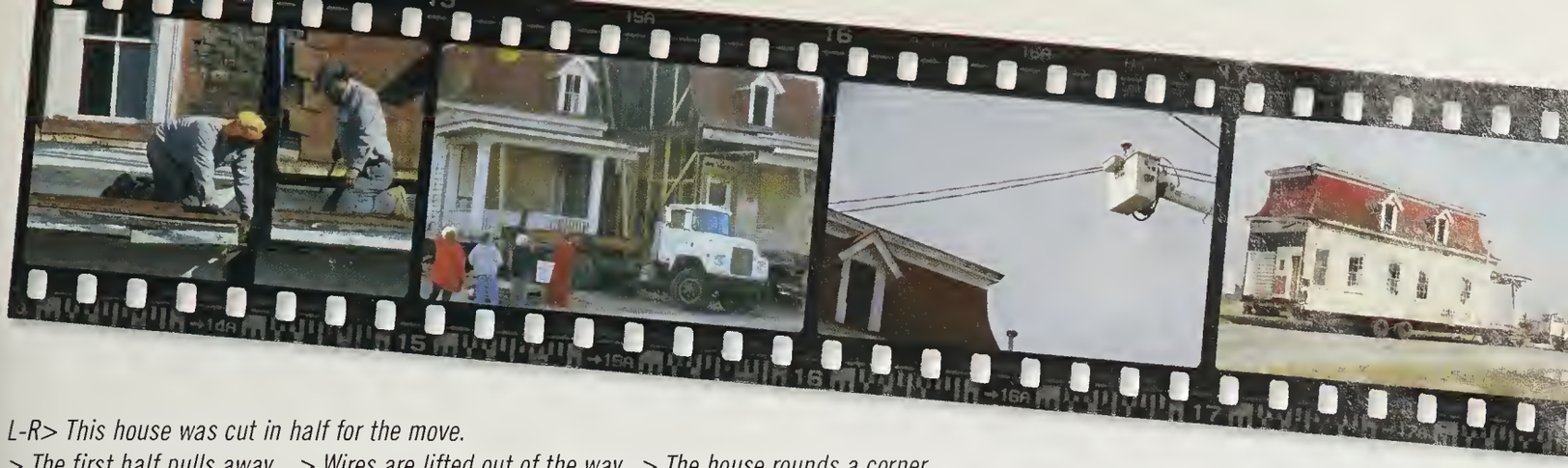
Collins must give the co-op 10 days' notice before the moving date. "They come out and take a look at the house. They measure all the wires and make sure they can pick them up," he says. Often the lines can simply be lifted out of the way, high enough for the house to pass under. Cutting a line is a last resort. Moving a house in a residential neighborhood can be tediously slow, as Collins' crew waits at each intersection for the power lines to be moved. "One block at a time, one wire at a time," he sighs.

Averaging about 50 structures per year, Collins estimates he has moved more than 2,000 in his career, some more than once. He admits he can't remember 45 years' worth of houses, explaining, "I'll go into a house and I'll be talking to the owner, and suddenly I realize, 'Oh, I've moved this house before!'"

Sometimes a second move yields an unexpected perk. "There was a house I moved once for the Boy Scouts," he recalls. "I went back several years later to move it again, and discovered I had left some jacks under it. So I found my jacks!"

Why do people move houses?

There are many reasons people choose to move houses. Sometimes people want a new house, but don't want to move from their neighborhood. Collins' wife Eloise recalls one example. "One customer out in the country built a new



L-R> This house was cut in half for the move.
> The first half pulls away. > Wires are lifted out of the way. > The house rounds a corner.

house behind his old homestead, and then wanted to get the old house out of the way. He sold it for practically nothing, and Jimmy moved it." Eloise explains that the opposite situation can happen as well. "Some people love their house but don't like the neighbors, so they get Jimmy to solve their problem."

Collins can solve all kinds of problems for people. "One time a couple got divorced," he remembers. "They sold their land, but she wanted the house and he wanted the garage. So they called me to move both of them."

On occasion, Collins must turn down a job. "A lot of times a house won't go down the road, it's just too wide," he says. "And sometimes it's too rotten, and I know it won't survive the move."

How does he know if a house is stable enough to move? "I just look it over real good," he says modestly. What he calls "looking it over" is what the rest of us call experience. Evaluating a house for transport takes a high level of training. Eloise says proudly, "Jimmy's an engineer without a degree."

Collins moves more than just houses. He has moved boats, train depots and warehouses. The largest structure he ever moved was a Texas Gulf warehouse measuring 50 by 100 feet. Even after cutting it in two, Collins says it was difficult to maneuver. "When we turned a corner, the back end hit a ditch bank. We had to dig some of the bank out to get around that corner."

The nation's recent economic downturn has had surprisingly little effect on Collins' business. He currently has 15 houses scheduled to be moved, most of them waiting for foundations to be laid. Collins says it's an ongoing process. "We set down two last week and we'll pick two up this week. It's just a cycle — up and down, up and down."

Collins has come a long way since first entering the trade, but he remembers his early learning experiences. "Forty-some years ago, I was moving a house that had had a room added onto it, and the room fell slam off. I was moving the house for about $250 and it cost me $175 to build that room back on. It didn't take me long to learn."

Calming the customers

Unexpected predicaments can still present themselves. "We were moving the old employment office at Cherry Point," he recalls. "When we pulled out over the curb, both dollies supporting the building broke in two. It was one hour before rush hour." For four long hours the house sat completely blocking highway 70, while the traffic streaming out of the naval base was redirected. "It was terrible. We heard more cussing!" chuckles Collins.

Collins' longest move was 100 miles, and he did it in record time. "It was a small Jim Walters house, and we did it in about three hours," he laughs at the memory. "We blew the shingles right off the top of it!"

His "shortest move" won Collins international recognition. He explains, "While it was still on the beams, the owners decided they'd like to have the house moved another three inches. I got a four-foot pipe wrench and put it on one of the rollers and just pulled down on it, click, click, click." The house glided the required three inches, qualifying him for the "Most Innovative Move" award from the International Association of Structural Movers.

For Collins, moving a house has become second nature. But for the homeowner, it can be a nerve-wracking experience. A recent customer, interior decorator Sadaf Hassan, says, "When my house first rolled off the lot, I thought, 'Oh my God, what if this thing just collapses?' You have to have nerves of steel."

For this reason, Collins advises his customers to "take a vacation" while their house is being moved. He shakes his head, "I've had them wring their hands, and just break down and cry. Then when we get the house in place, they run up and hug us and tell us how happy they are."

Collins has ways of putting his customers at ease. "We moved one house across a cornfield one time and the owner was afraid it would shake his house to pieces," he remembers. "I told him, 'Go inside and put a glass of water down and draw a circle around it. If it moves out of that circle you won't have to pay me.'" The owner followed the instructions, and Collins was paid for the move.

Contrary to what the nervous homeowner might think, most houses are even more stable after the move than before. "ninety-nine percent of the time they're better off than before they started," says Collins. "Most of the time, if it's an old house, it's settled some. If you put it on a new, level foundation everything looks so much better."

Speaking of old houses, the question has to be asked. Has Collins ever encountered any indignant ghosts? He shakes his head, "No, we make too much noise — we run 'em out."

Linda Hill is a freelance writer who lives in Apex.

Need help with winter heating bills?

If you or someone you know will have difficulty paying home heating bills this winter, a federal program could help.

Since 1974, the Low-Income Home Energy Assistance Program (LIHEAP) has helped citizens pay heating (and cooling) so that they are not exposed to unsafe or unhealthy living conditions.

In particular, LIHEAP seeks to make home energy more affordable for two groups of low income households that have the highest home energy needs: households that include frail, older individuals, disabled individuals, and very young children, as well as high-energy burden households, including those with the lowest incomes and highest home energy costs.

The program is not intended to cover a household's residential energy costs, but is limited to paying for home heating and cooling costs. In some cases, such costs include hot water heating, refrigeration, or cooking. It does not pay for electricity for other uses such as lighting. The amount of help consumers receive will depend on where they live, income, heating and cooling costs, family size and other factors.

Who is eligible?

Your county's Department of Social Services determines if your household qualifies for the program. The DSS may also require households to meet additional eligibility criteria besides income level to receive assistance. Typically, combined countable income of household members must not exceed 110 percent of the poverty level (about $20,000 for a family of four, for example). The program gives priority to persons in health emergencies or similar crisis situations.

When do you apply?

Apply now. In many areas, the deadline for this winter's program is mid-November. Payments will be made in February 2005.

What assistance does LIHEAP provide?

The program may be able to offer you one or more of the following types of assistance:

- Bill payment assistance
- Energy crisis assistance
- Weatherization and energy-related home repairs

What information do you need to apply?

- Recent copies of your utility bills
- A recent payroll stub or other proof that shows your current gross income
- Documentation showing income from Social Security, unemployment insurance, pension funds, disability payments, etc.
- Final shut-off notice from your electric cooperative or other energy utility
- Proof of present address, such as rent receipt, lease or deed, property tax bill
- Proof of total members living in your household. For example, birth certificates, school records, etc.

For more information

Contact your county Department of Social Services.

For local phone numbers and office addresses, contact the N.C. Department of Health and Human Services, Division of Social Services, toll-free in Raleigh at (800) 662-7030 or (919) 733-3055. Go to the Web site: **www.dhhs.state.nc.us/dss** and click on "County Directory."

En Español

LIHEAP es un programa financiado por el gobierno para ayudar a las familias de bajos ingresos a pagar sus cuentas de calefacción y de aire acondicionado. El folleto del programa federal LIHEAP ofrece un cuadro panorámico del mismo que se puede leer en español (www.acf.hhs.gov/programs/liheap/) tanto en formato de texto como en PDF (328KB). Para poder abrir el archivo en PDF tendrá que obtener e instalar Adobe Acrobat Reader, el cual es gratis.

Do Your Hardwood Floors Look Like Deadwood?

Sealed Hardwood Floors look beautiful and add value to your home. Due to their naturally unique textures and versatility, they add a touch of class to any home but until now dirt, scratches, and everyday foot traffic could ruin the finish and there was nothing you could do except a full refinishing. And that's a big job!

I was just quoted $3,200 to refinish the floors in my home. That's just too high for my budget. To make matters worse, my family and my furniture had to be moved out of the house for a week because of the dusty sanding and dangerous fumes. So I asked my staff...is there an easier way to recapture that once elegant wood finish for a price that we all can afford?

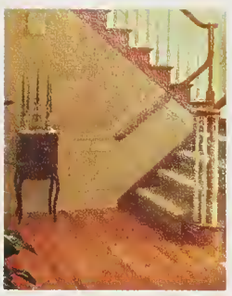
We found a company with some brilliant chemists who found a way to use clear polymers that would fill in everyday scratches and give a deep lustrous shine to badly worn floors. This revolutionary quick drying multi-functional polymer has been developed to renew sealed hardwood floors without harsh chemicals, waxes and petroleum solvents!

Even better, we are able to offer it to you for an introductory price of less than $20 for ~~320~~ **640** square feet. This terrific innovation is called Floor Revive and it gives new life to sealed hardwood floors. It improves the appearance of sealed hardwood without costly sanding and refinishing. Just pour it on your hardwood floors and mop it in. It will dry in 40 minutes and the advanced polymer formula minimizes scratches and greatly improves the shine of your floor.

The unique formula Floor Revive can protect your hardwood flooring from stains and discoloration for up to 6 months without the harsh chemicals. There is no build-up, no yellowing and your floors get less slippery because Floor Revive doesn't contain any waxes and petroleum solvents. Floor Revive is the safe and superior alternative to expensive floor refinishing jobs that leave a strong chemical odor behind. It's also great for new floors—just one application will serve as an invisible barrier to preserve your beautiful hardwood floors.

Not Just for Wood.

Floor Revive also remarkably restores marble, slate, concrete, and linoleum floors as well. The exclusive polymer formula improves the shine and offers superior protection on all of these surfaces. Avoid the costs and inconvenience of floor refinishing. *Just Revive it.*



The regular price for this chemical formula is $19.95 for a 16 oz. bottle but we are so anxious for you to try this ingenious breakthrough that we are giving you a special opportunity. For a limited time you can buy one bottle of Floor Revive and receive the 2nd bottle ***absolutely free!***

We are so sure that you will love Floor Revive, that we offer our 30-day guarantee. If you don't agree that Floor Revive is the most effective way to restore and protect your hardwood floors for just $20, return the unused portion for a full refund of the purchase price.

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Zoned heating and cooling can add comfort and reduce utility costs

By James Dulley

The problem of uneven room temperatures is very common. Rooms can be too warm or too cool. Fortunately, it can be corrected by several methods. No matter which method you decide upon, you will save energy. When one room is uncomfortably warm during summer or cool during winter, the thermostat gets set either lower or higher respectively. This drives up your utility bills year-round.

The first step is to check for duct system leaks that you can seal. If much of the cooled or heated air is leaking out into the utility room, basement or attic and not getting to the rooms, you will definitely have uneven room temperatures. To check them, switch on the blower at the thermostat and close the registers in the rooms. This will create higher pressure in the ducts, which allows you to feel air blowing out leaky areas. Pay particular attention to joints and where the ducts meet the lumber framing. Seal the leaky areas with aluminum-type duct tape or a thick paint-type sealer. You should be able to find the sealer at a heating contractor.

Once the leaks are sealed as well as possible, check the damper baffles in the ducts. Most systems have them and you can locate them by looking for short damper handles on the ducts near the blower. If you don't have them, you can easily install them in the ducts.

Put all the dampers handles in the fully open position and check the various room temperatures with a thermometer. If a room or two are too cool during summer, close the dampers slightly in the ducts leading to those rooms so less cooled air reaches them. You will have to change the damper settings from summer to winter.

The most efficient and convenient fix for the problem of uneven temperatures is an add-on automatic zoning system. This allows you to set different temperatures in different rooms. The comfort effect is similar to having individual furnaces and air conditioners in each room.

During winter, people generally prefer it a little warmer in a living room, family room or dining room where they relax and are inactive. Since the kitchen, laundry room, play and work rooms are more active areas, they are more comfortable when kept cooler.

Controlling duct system dampers affects air flow into rooms.

Bathrooms can be a few degrees cooler except for morning showers. You will need to change the room temperatures for the summer season.

Using a control panel or room thermostats with some zoning systems, you can program the rooms' temperatures throughout the day. For example, the living room temperature is increased during the evening when it is used. The bedrooms can be kept warmer at bedtime and morning, but cooler during the day. The kitchen is set cooler overnight.

By keeping the room temperatures in the comfortable range only when you are using them, less energy is required to keep your house warm during winter and cool during summer. This can cut your year-round utility bills by 10 to 20 percent and increase the life of your heating and cooling system.

Zoning kits are simple devices. They include thermostats in rooms or zones (a group of rooms) that are wired by safe low-voltage wire to the main controller. This is connected to mechanical dampers that fit in the ducts. When the thermostat in a chilly room calls for heat, the furnace starts. Dampers in the ducts to other rooms stay closed so heat goes to only the chilly room.

The simplest, least expensive zoning systems may have just two zones with several rooms in each. These use dampers that switch from fully opened to fully closed positions. A two-story home may have a first-floor and a second-floor zone. Other systems use dampers in several rooms in the house.

The most sophisticated systems use modulating dampers that vary the open duct area instead of being simply all or nothing. This provides more even room temperatures. If your home has a temperature variation between the first and second floors, consider a system with automatic recirculation.

The most comfortable zoning systems have an automatic changeover feature to switch from heating to cooling during spring and fall. These may run the central air conditioner briefly during the day to cool only the kitchen and then start the heating system during a chilly evening to efficiently heat only the bedrooms.

Write for (instantly download—www.dulley.com) Utility Bills Update No. 533—buyer's guide of the 19 most efficient one- and two-stage central air conditioners listing cooling outputs, SEERs, comfort features, warranties and a savings chart. Please include $3.00 and a business-size SASE and send to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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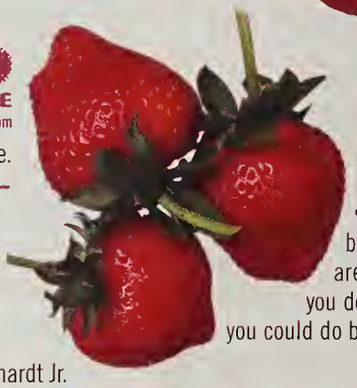

From Shirley Harrison-Terrell, Handy

- Your family kept a hoop of sharp cheddar cheese on the screened porch in winter, cut a slice into bite-sized pieces on a plate, poured homemade molasses over that, and ate it with a hot biscuit.
- You know what mush is. (Pour cornmeal into a pot of boiling water, cook and stir 'til thick. Eat it like grits.) Some families would let it get cold, slice it in thin slices and fry it. This recipe, believe it or not, is in old cookbooks.
- You know that women used a long stick to lift hot clothes from the black wash pot to place into the other black pot to rinse.
- Your family kept the square honey dish and molasses and syrup pitcher on the center of the kitchen table along with a jar of jelly at all times.
- You remember corn shuckings and the "red ear" of corn. If you were lucky enough to find and shuck a red ear of corn from the unshucked corn piled high, you kissed the girl beside you.
- You know what a jack pie is. (Dried apples, stored for winter in a white cotton feed sack, later cooked with sugar, vanilla and spices, then put in rolled-out pastry and fried 'til done. The shape was in a half moon.)
- You drove up in your grandfather's yard for a visit, and if he was outside he would say, "Light and come in." (Per dictionary, "light," as from a mount or vehicle). The phrase was used, I suppose, when neighbors came visiting on horseback.
- Men you knew sat and whittled a piece of wood with their pocket knives to pass the time of day.
- You remember your grandmother using a wooden, homemade butter paddle to beat the water out of freshly churned butter before molding it into a round ball to be placed in the butter mold or put directly into the white ironstone butter dish.
- You eagerly waited for May so you could go pick wild strawberries.
- July meant picking wild blackberries and getting chiggers all over you in the process.
- You have made stitted persimmon pudding.

From Carson Rose, 13, Statesville

- You like your fellers with a little bit of Momma's raisin' in 'em so you know that they have a little good in 'em 'cause Momma taught 'em right.
- You know that Junior means Dale Earnhardt Jr.
- You sign your letters with "love y'alls and come see us soon."
- You know that when Momma says put on your best clothes she means your cleanest pair of Wranglers, the plaid shirt that your grandma gave you for Christmas and your boots with the least scratches.
- You read every issue of Carolina Country.

From April Lambert, 17, Erect

- You look forward to some kind of festival or parade in a nearby town. (Farmer's Day for me.)
- You know the difference between 4-wheelerin' and muddin' and you've done both.
- Your first word was "Da-Da" and you were trying to say "Dale Earnhardt."
- You've done something you don't want others to know about and everyone knows within the hour and says you shouldn't have done it and you're ashamed of it.
- You get a car when you turn 16 and you are secretly upset because it's not a truck. And you're a girl.
- You know "Night Crawlers" are Robbins guys and "High Riders" are Carthage guys, and you know how they became "High Crawlers."
- You go to some spot in a little town to hang out with your friends and know everyone who drives by and you talk about them all. And you secretly look forward to this.
- You know guys who brag about the deer they killed and how big their trucks are.
- The big talk of the night is whose truck got the muddiest while muddin'.
- You can't get a boyfriend because all the guys you know are like your brothers. And when you do get a boyfriend they all say you could do better.

From Amber Heaton, Goldsboro

- Your grandmother would be mad if she found out you cooked instant grits.
- You can tell what part of North Carolina someone was born in.
- You consider Virginians Yankees.
- When a hurricane comes you stay put because you know your house has made it through worse.
- You know that Clay Aiken is the best singer in the world, and you don't see why people call him a dork.
- When you are acting wild people ask if you were raised in a barn.
- You eat black-eyed peas and collard greens on New Years, and you know that the more you eat the more money you are supposed to earn.
- You're surprised that Wal-Mart is closed on Christmas.
- You have actually tried to go to Wal-Mart on Christmas.
- You know that if it thunders in the winter you have only a week before it is going to snow.

From Nadine Crocker, Kenly

- Your grandmother swept the yard with a broom.
- Your grandmother dipped her snuff from a tree with a toothbrush.
- You pulled corn, pulled fodder and cut tops from the field corn.
- You burned a feed sack to keep the mosquitoes away at night.
- The men set cat hooks at the creek at night, got the fish in the morning and had them for breakfast.

From Ronnie in Lexington

- You house has more miles on it than your car.

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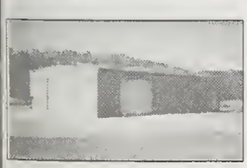

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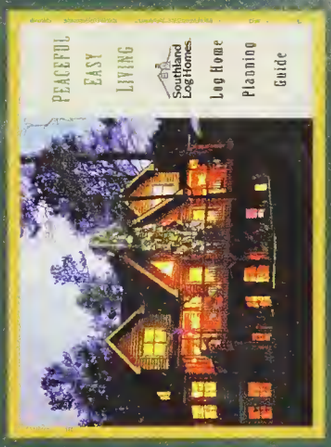

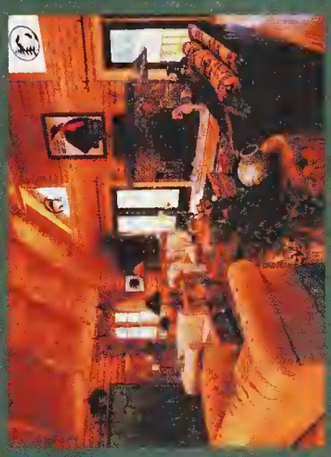

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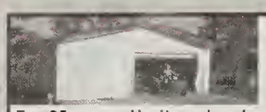

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Answers on page 32

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—James Thurber

Use the capital letters in the code clue below to fill in the blanks above.

"ABDEINORST UW" means
unscramble it

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from a Southland (CA) veterans group newsletter

-Not an AA group, thankfully

π 5 ^{2} c ^{p} a MATH WIRDZ

Letters have been substituted for digits in this division problem. Given A=3, can you replace the missing digits to find the value of A CROSS WORD? Hint: Solve first for W.

```
      W O R D
   ------------
A | C R O S S
3 - - - - - -
    C W
    ---
      S O
      ---
      S R
      ---
        S S
        S C
        ---
          C S
          C S
          ---
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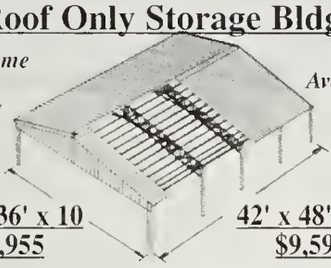

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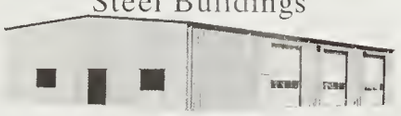

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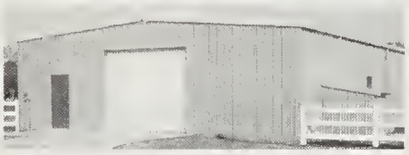

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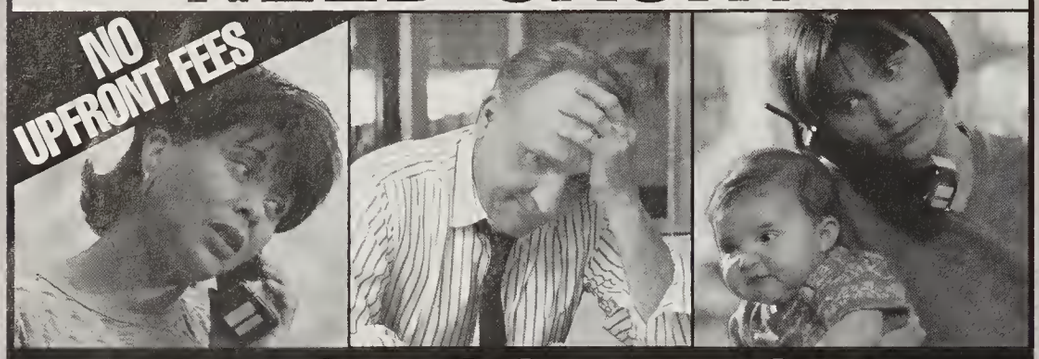

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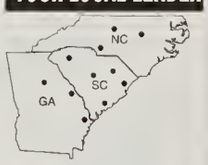
- ✔ RURAL PROPERTY OK
- ✔ NO INCOME VERIFICATION OK
- ✔ DOUBLEWIDES W/LAND
- ✔ FORMER BANKRUPTCY OK

YOUR LOCAL LENDER



Lowest Rates Guaranteed!

LOAN EXAMPLES

Sample Loan	Payment	Term	Rate*	APR
$100,000.00	$363.40	1 Yr. Arm	**1.88	2.08%
$100,000.00	$428.38	3/1 Fixed/Arm	**3.13	4.03%
$100,000.00	$752.28	15 Yr. Fixed	*4.25	4.68%
$100,000.00	$529.21	30 Yr. Fixed	*4.88	5.12%

*Conforming for refi. Also Great Jumbos. **Non-conforming Arm's fixed for 1 yr. & 3 yrs., call for other ARM's, Mfg. Homes, Slow Credit, Interest only, No Income Verification, Bankruptcy, etc. Ask about mortgage rewards for timely payments.

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LOWEST COST
Term Life Insurance
Issue ages through 90

AGE	$100,000	$250,000
45	9.63	17.33
55	14.49	29.48
65	29.70	67.50

Rates figured on monthly cost for female non-tobacco users

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(800) 933-6354

AGL Life Assurance Company Form No. TC-191

CHOIR ROBES
EXPERT TAILORING $31.95 & UP

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GUARANTEED SATISFACTION

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1-800-826-8612

REGENCY
CAP & GOWN CO.
www.rcgown.com
P.O. Box 8988-N Jacksonville, FL 32211

REPLACE THE HIGH COST OF HEATING!

Hydro-Sil is a unique room by room heating system that can save you hundreds of dollars in home heating costs by replacing old & inefficient ways of heating. It is clean, safe, healthful and inexpensive.

Never buy fuel — wood, oil, gas, kerosene — ever again!

Hydro-Sil represents economy in heating: inside the heater case is a sealed copper tube filled with a harmless silicone fluid. **It's permanent. You'll never run out.** "Hydro-Sil Energy Star" thermostat controls a variable watt hydro element that is *only* being supplied a *proportional* amount of power on an as-needed basis. When Hydro-Sil is turned on, the silicone liquid is quickly heated, and with its heat retention qualities, continues to heat after the Hydro element shuts off. Hydro-Sil's room-by-room "Energy Star" digital control technology greatly increases energy savings and comfort.

Lifetime Warranty

Proportional "Energy Star" thermostat!

YOUR BENEFITS WITH HYDRO-SIL:

- Slosh heating cost with Energy Stor technology
- Lifetime Warranty. No service contracts
- Safe, complete peace of mind
- Clean, no fumes, environmentally safe
- U.L. listed
- Preassembled — ready to use
- No furnaces, ducts, or chimneys
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- Whole house heating or single room

HERE'S WHAT OTHERS ARE SAYING...

- **F. Smalley** - "*A company that advertises the truth* saved me 50% compared to my gas heat. I found it hard to believe until my power bill came. Thanks a million!"
- **R. Hanson** - "I can't begin to tell you how pleased I am with Hydro-Sil... the first time in 25 years our electric bill was reduced... ***saved $635, over 40%!***"
- **A. Gonsalves**— "We replaced 20 electric heaters with hydrosil. ***Wow — what a difference!*** We received a substantial reduction of our electric bill. I have recommended Hydro-sil to many people!"

ORDER TODAY!
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220 Volt Permanent	Approx. Area to Heat	Discount Price	Quantity
8' 2000 watts	250-300 s.f.	$279	
6' 1500 watts	180-250 s.f.	$249	
5' 1250 watts	130-180 s.f.	$229	
4' 1000 watts	100-130 s.f.	$209	
3' 750 watts	75-100 s.f.	$189	
2' 500 watts	50-75 s.f.	$169	
Thermostats	Call for options & exact heater needed		

110 Volt Portables (Thermostat Included)	Discount Price	Quantity
5' Hydro-Max 750-1500 watts	$219	
4' Convector – Dual watt	$179	
3' 750 watts – Silicone	$179	
$15.00 shipping per heater	$	
Total Amount	$	

Name _____
Address _____
City _____ St ____ Zip _____
Phone _____
MasterCard or Visa Account Information:
Acct # _____
Expiration Date _____

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Visit our secure web site at
www.hydrosil.com
Hydro-Sil, P.O. Box, 662,
Fort Mill, SC 29715

November EVENTS

MOUNTAINS

Equus
Nov. 4-20, Hickory
(828) 328-2283
www.HCT.org

Media Literacy
Nov. 4, Boone
Blue Mountain Center
(828) 265-1455

Foothills Highland Games
Nov. 5-7, Hendersonville
(828) 693-8526
www.foothillshg.org

Capitol Sightseeing Excursion
Nov. 5-7, Spencer
(877) NCTM-FUN
www.nctrans.org

Coffee House Talent Night
Nov. 6, Jefferson
(336) 846-ARTS
www.ashecountyarts.org

Mothers/Daughters Workshop
Nov. 6, Boone
Blue Mountain Center
(828) 265-1455

Blacksmith Auction
Nov. 6, Brasstown
(800) FOLK-SCH
www.folkschool.org

Rolls Royce Centennial Show
Nov. 13, Spencer
(877) NCTM-FUN
www.nctrans.org

Sandburg Celebration of Books
Nov. 13, Flat Rock
(828) 693-4178
www.sandburgbookfair.org

Car Show
Nov. 13, Elkin
(336) 526-1111

Meditation for Couples
Nov. 13, Boone
Blue Mountain Center
(828) 265-1455

John Anderson
November 13, Spindale
(828) 286-9990
www.FoundationShows.org

Songs & Letters of WWII
Nov. 13, West Jefferson
(336) 846-ARTS
www.ashecountyarts.org

Anne Oland
Nov. 14, Brasstown
Pianist
(828) 389-0033
www.mapaa.org/html/bca.html

Managing Family Holiday Stress
Nov. 18, Boone
Blue Mountain Center
(828) 265-1455

The Lion, the Witch & the Wardrobe
Nov. 19, Spindale
(828) 286-9990
www.FoundationShows.org

Light Up Night
Nov. 19, Elkin
(336) 526-1111

Appalachian Potters Market
Nov. 20, Marion
(828) 652-8610

Artisans Show & Sale
Nov. 20, Marion
(828) 652-8610

Dixie Dawn
Nov. 20, West Jefferson
(336) 846-ARTS
www.ashecountyarts.org

Christmas Parade
Nov. 21, Marion
(828) 652-5047

Christmas & Tree Fest
Nov. 23-Dec. 30, West Jefferson
(336) 846-ARTS
www.ashecountyarts.org

Tree Lighting
Nov. 25, Old Fort
(828) 668-7223

A Christmas Story
Nov. 26 through Dec. 12,
Hickory
(828) 328-2283
www.HCT.org

Mountain Music
Every Friday, Old Fort
Bluegrass & traditional
(888) 233-6111

PIEDMONT

Juried Art Show
Through Nov. 3, Yanceyville
(336) 694-4591

Celtic & Irish Music Jam
Nov. 3, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Antiques Show
Nov. 4-7, Pinehurst
(910) 692-2051
www.moorehistory.com

North Carolina Cotton Festival
Nov. 5-6, Dunn
(910) 892-3282
www.nccottonfestival.com

Golf Chorus Extravaganza
Nov. 6, Southern Pines
Barbershop Quartet music
(910) 295-3326

Cozy Cottage Craft Sale
Nov. 5-6, Kernersville
(336) 993-2260

Don't Dress for Dinner
Nov. 5-7 & 12-14, Hayesville
(828) 389-8632
www.licklogplayers

Crossroads Pumpkin Fest
Nov. 6, Statesville
(704) 873-2892
www.statesvillechamber.org

Christmas Open House
Nov. 6, Winston-Salem
(888) 653-7253
www.oldsalem.org

Naomi's Fancy
Nov. 6, Pilot Mountain
Celtic Music
(336) 368-7111
www.naomisfancy.virtualave.net

Pottery & Folk Art Show
Nov. 6, Greensboro
(336) 632-1413
www.selectpottery.com

Rocky River Bluegrass Festival
Nov. 6, Monroe
(704) 283-2844
www.deepershadeofblue.com

Naomi's Fancy is a five-member band that features harp, uilleann bagpipes, shuttle bagpipes, Great Highland bagpipes, concertina, flutes, fiddle, tenor banjo, bouzouki, mandolin, pennywhistles, recorder, bodhran, bones, and guitar. They perform Nov. 6 at the Sawbriar Acoustic Stage in Pilot Mountain. Call (336) 368-7111 or visit www.naomisfancy.virtualave.net.

continued on pg.36

NOVEMBER EVENTS

Frogtown Pottery Festival in Robbins is Nov. 6. Call (910) 948-3540

FUN Horse Show
Nov. 6, Lexington
(336) 248-5142
www.dchaweb.com

Frogtown Pottery Festival
Nov. 6, Robbins
(910) 948-3540

Rhonda Vincent & the Rage
Nov. 6, Mocksville
Bluegrass
(336) 751-3000
www.daviearts.org

Craft Show
Nov. 6, Southmont
(336) 798-3537

Lonesome River Band
Nov. 6, Oakboro
(704) 485-2112
www.oakboromusichall.com

Open-Hearth Cooking
Nov. 6-7, Huntersville
(704) 875-2312
www.lattaplantation.org

Keep on the Sunny Side
Nov. 9, Winston-Salem
Tribute to the Carter family
(336) 723-6320
www.alkahest.net

Davie Craft Corner
Juried, handmade items
Nov. 11-13, Mocksville
(336) 751-5749

Craft Guild Holiday Show
Nov. 12-13, Winston-Salem
(336) 764-0226

Dan River Boys Bluegrass
Nov. 13, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Harvest Day
Nov. 13, Huntersville
(704) 875-2312
www.lattaplantation.org

Music of the Carolinas: One America
Nov. 14, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Finch Pottery Open House
Nov. 14, Bailey
(252) 235-4664
www.danfinch.com

Old Time Music Jam
Nov. 17, Pilot Mountain
(336) 368-7111
www.sawbriar.com

Festival of Trees
Nov. 18-21, Pinehurst
(910) 692-3323

International Auto Show
Nov. 18-21, Charlotte
(704) 364-1078
www.charlotteautoshow.com

In the Mood
Nov. 19, Yanceyville
(336) 694-4591

Piedmont Crafts Fair
Nov. 19-21, Winston-Salem
(336) 725-1516
www.piedmontcraftsmen.org

Brenda Silva
Nov. 19-21, Raleigh
Powwow dance regalia
(919) 807-7900
www.ncmuseumofhistory.org

American Indian Heritage Celebration
Nov. 20, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Civil War Infantry Weekend
Nov. 20-21, Huntersville
(704) 875-2312
www.lattaplantation.org

Seagrove Pottery Festival
Nov. 20-21, Seagrove
(336) 873-7887

Seagrove Sunday
Nov. 20-21, Seagrove
(336) 873-7258
www.seagrovepotteries.com

Festival of Trees
Nov. 20-21, Winston-Salem
(336) 716-7985
www.ljvm.com

Christmas Open House
Nov. 20-21, Cameron
(910) 245-7042

Holiday Open House
Nov. 21, Southern Pines
(910) 692-6756

Rhonda Vincent & the Rage
Nov. 21, Oakboro
Bluegrass
(704) 485-2112
www.oakboromusichall.com

BlueRidge in Concert
Nov. 26, Burlington
(336) 222-8497
www.ci.burlington.us/recreation/paramount/paramoun

Christmas at Körner's Folly
Nov 26 through Jan. 9, 2005,
Kernersville
(336) 996-7922
www.kornersfolly.org

A Child's Christmas in Salem
Nov. 27; Dec. 4, 11, 18,
Winston-Salem
(888) 653-7253
www.oldsalem.org

Christmas Concert by Candlelight
Nov. 28, Winston-Salem
(336) 722-4022
www.piedmontchambersingers.org

COAST

Kindergarten Thanksgiving
Nov. 1-24, Beaufort
The Leffers Cottage
(800) 575-7483

Women's Club Card Party
Nov. 4, Edenton
(252) 482-8465

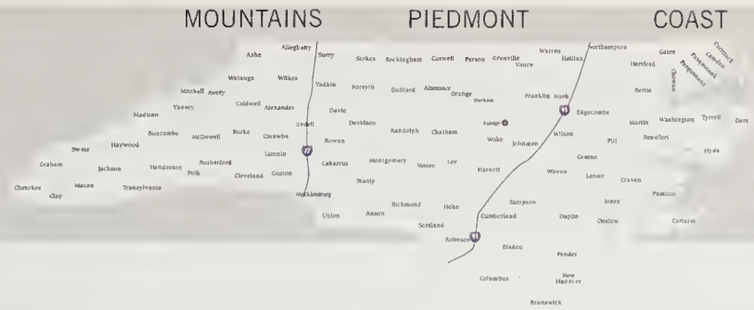
Historical Society Auction
Nov. 5, New Bern
(252) 638-8558
www.newbernhistorical.org

An Evening with Don Troiani
Nov. 5, New Bern
Military artist
(252) 638-8558

Stampede in the Park
Nov. 5-6, Williamston
(252) 792-1521
www.martin.cc.nc.us

Cape Lookout Photo Expedition
Nov. 5-7, Beaufort
(252) 728-7317
www.ncmm-friends.org

Judged Quilt Show
Nov. 5-6, New Bern
(252) 633-9766



Nuncrackers
Nov. 5-13, New Bern
(252) 637-5197

Festival Latino
Nov. 6, Wilmington
(910) 341-0007
www.amigosinternacional.org

Antique-A-Thon
Nov. 6, Morehead City
(252) 247-7533

Boatshop Bash
Nov. 6, Beaufort
(252) 728-7317
www.ncmm-friends.org

African-American Festival
Nov. 6, Murfreesboro
(252) 398-8192

Surf Fishing Tournament
Nov. 6, Buxton
(252) 995-4253

Annual HUMW Bazaar
Nov. 6, Hertford
(252) 426-5467

Ft. Branch Battle Re-enactment
Nov. 6-7, Hamilton
(800) 776-8566

Holiday Extravaganza
Nov. 12 – Dec. 31, Hertford
(252) 426-3041

Mistletoe Show
Nov. 12-14, Elizabeth City
(252) 335-9582

Farm Toy Show
Nov. 12-13, Washington
(252) 975-2896

Ciompi Quartet
Nov. 13, Oriental
(252) 249-3676

Arts & Crafts Guild Holiday Fair
Nov. 13-14, Williamston
(252) 792-1539

Carolina Winds
Nov. 13, Morehead City
Chamber Music
(252) 728-4488

Elizabethan Country Faire
Nov. 13-14, Manteo
(252) 475-1500
www.roanokeisland.com

Farm Heritage Day
Nov. 13, Williamston
(252) 792-4131
www.martincountync.com

Singer-songwriter Christine Kane will perform Nov. 19 in New Bern, and Nov. 20 in Beaufort, as part of the Down East FolkArts Society Concert Series. Call (252) 504-2787 or visit www.downeastfolkarts.org.

Gourmet Chef's Auction
Nov. 14, Wilmington
(910) 452-1515
www.marchofdimes.com/northcarolina

Battleship Half Marathon
Nov. 14, Wilmington
(910) 251-9622
www.roadrunners.wilmington.org

Fossil Hunt
Nov. 14, Aurora
(252) 728-7317
www.ncmm-friends.org

Ports & Pilots
Nov. 16, Morehead City
(252) 728-7317
www.ncmm-friends.org

Rotary Rockfish Rodeo
Nov. 19-20, Manteo
(252) 473-6644
www.rockfishrodeo.com

Christine Kane
Nov. 19, New Bern
Nov. 20, Beaufort
Singer-songwriter
(252) 504-2787
www.downeastfolkarts.org

Barrel Bonanza
Nov. 19-21, Williamston
(252) 442-8989

The Jumble Sale
Nov. 20, Beaufort
(800) 575-7483

Laura Blackley
Nov. 20, Pilot Mountain
Americana Roots music
(336) 368-7111
www.laurablackleyband.com

Christmas Flotilla
Nov. 26, Swansboro
(910) 353-0241

Seaside Santa
Nov. 26, Beaufort
(252) 728-4611

Island of Lights
Nov. 26, Wilmington
(910) 458-5507
www.islandoflights.com

Holiday Light Show
Nov. 26 – Jan. 26, 2005,
Wilmington
Airlie Gardens
(910) 798-7700
www.airliegardens.org

Lighted Christmas Hayride
Nov. 27 – Dec. 23, Mount Olive
(919) 658-2288
www.glenwoodfarms.net

Christmas Parade
Nov. 27, Emerald Isle
(252) 354-2851
www.sunnync.com

Royal Lippazaner Stallions
Nov. 27-28, Morehead City
(252) 247-3883
William R. Stott Jr.

The Wonders of Migration
Nov. 29, Manteo
(252) 475-1500
www.roanokeisland.com

Educational River Tours
Through Dec. 15, Washington
(252) 948-0000
www.partnershipforthesounds.org

LISTING INFORMATION

Deadline for Jan: Nov 25
Deadline for Feb: Dec 25

Submit Listings on Our Web Site
Visit www.carolinacountry.com and click on "See NC" to add your event to both the magazine and our Web site.

Or Submit Listings by Mail, Fax or E-Mail Please include title, date(s), location, phone number and/or Web site url. Photos (300 dpi or hard copies) are welcome.

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NOVEMBER EVENTS

continued from pg.37

Now Showing

MOUNTAINS

Across Time
Bob Timberlake exhibition
Through Nov. 13, Boone
Appalachian Cultural Museum
(828) 262-3117

Art After Dark
Through Dec. 3, Waynesville and Frog Level
Stroll 16 galleries
(828) 456-3003

Untying the Apron Strings
North Carolina women in transportation
Through Dec. 31, 2005, Spencer
N.C. Transportation Museum
(704) 636-2889
www.nctrans.org

PIEDMONT

Across Time
Bob Timberlake watercolors exhibit
Through Nov. 13, Lexington
(800) 244-0095

Renaissance Festival
Saturdays & Sundays through Nov. 14, between Concord & Huntersville
(877) 896-5544
www.renfestinfo.com

Star of Bethlehem
Nov. 18 – Jan. 18, 2005, Chapel Hill
The Morehead Planetarium
(919) 962-1236
www.chocvb.org

"Matisse, Picasso, and the School of Paris" is on exhibit at the N.C. Museum of Art in Raleigh through Jan. 16, 2005. Pictured here, Henri Matisse, "Purple Robe and Anemones," 1937, oil on canvas, 28¾ by 23¾ inches, The Baltimore Museum of Art, The Cone Collection, Copyright 2004 Succession H. Matisse, Paris/Artists Rights Society (ARS), New York. Call (919) 715-5923. Or visit www.ncartmuseum.org.

Communication
Through Dec. 30, Charlotte
Discovery Place
(704) 372-6261, x300
www.discoveryplace.org

Soldiers: The Global War on Terror
Through December, Fayetteville
The Airborne & Special Operations Museum
(800) 255-8217
www.asomf.org

Main Streets of Our State
Through Jan. 2, 2005, Charlotte
The Charlotte Museum of History
(704) 568-1774
www.charlottemuseum.org

The Collars: Tracings of Thought
Through Jan. 2, 2005, Charlotte
Sculptures
The Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

Andrew Wyeth: The Helga Pictures
Through Jan. 9, 2005, Charlotte
N.C. Mint Museum
(704) 337-2097
www.mintmuseum.org

Building Fun: World of Kapla
Through Jan. 16, 2005, Durham
Museum of Life and Science
(919) 220-5429
www.ncmls.org

The Nature and Craft of the Penland Experience
Through Jan. 2005, Charlotte
Mint Museum of Craft + Design
(704) 337-2066
www.mintmuseum.org

Matisse, Picasso, and the School of Paris
Through Jan. 16, 2005, Raleigh
N.C. Museum of Art
(919) 715-5923
www.ncartmuseum.org

Stitched from the Soul
African-American quilts
Through March 25, 2005, Charlotte
The Charlotte Museum of History
(704) 568-1174
www.charlottemuseum.org

COAST

History, Arts and Fun
Nov. 1-30, Manteo
(252) 475-1506
www.roanokeisland.com

M. Charles Retrospective
Nov. 3-29, Manteo
(252) 475-1500
www.roanokeisland.com

Down on the Farm
Through Nov. 7, Hertford
Perquimans Arts League Gallery
(252) 426-3041

Through American Eyes
Two centuries of American work
Nov. 26 through Jan. 23, 2005, Wilmington
Louise Wells Cameron Art Museum
(910) 395-5999
www.cameronartmuseum.com

Politics in Action
Through Nov. 28, Wilmington
Cape Fear Museum
(910) 341-4350
www.capefearmuseum.com

Ribbons of Sand
Batik art of barrier islands by Mary Edna Fraser
Through December, Manteo
The Outer Banks History Center
(252) 473-2655
www.maryedna.com

Maritime Watercolors Exhibit
Through Jan. 2, 2005, Beaufort
N.C. Maritime Museum
(252) 475-1500
www.ncmm-friends.org

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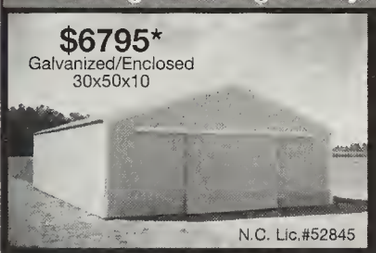

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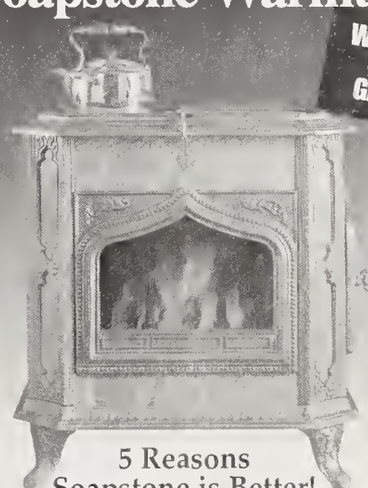

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- Soapstone has a proven record of durability.
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City/State/Zip_____

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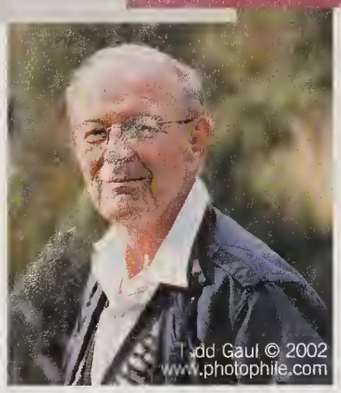
by Hank Smith



For a "Berry Merry" Christmas

Beautyberry (*Callicarpa japonica* as a native of Japan and *C. purpurea* as a native of China) bears pinkish blooms in August with violet berries in fall and winter. Use them as indoor decorations in winter. Holly plants bear colorful berries, which are quite popular at Christmastime. Burford, Foster and Nellie Stevens are evergreen hollies. Winterberry (*Ilex verticillata*) is a deciduous holly that retains its leaves through autumn then sheds them to bear clusters of red berries that are colorful in the garden and useful in decorations. Spray with colorless spray paint to extend the lives of berry clusters.

Evita (Gloxinia nematanthodes) is a winter-hardy plant requiring part sun to light shade. A bit late to emerge, the compact clump of green foliage comes out in July. It produces brilliant orange-red bells in August, which continue until frost.

Lawn grass substitutes

Chamomile (*Anthemis nobilis*) is a low-growing, dense and compact herb with finely-cut foliage. It thrives in full sun, prefers light, well-drained soil and is well adapted to planting on sunny slopes where a satisfactory stand of grass is difficult to maintain. Chamomile retains its handsome green color throughout the year. It withstands moderate use, but like grasses it is not suited to constant wear. Under such conditions, it may become shabby and die out, leaving bare, brown patches. Cut and roll once or twice a year.

Irish moss (*Arenaria verna,* variety *Caespitosa*) is a dense, compact, moss-like plant. Bright green in color, it bears tiny white flowers in the summer. It's very hardy and prefers partial shade but will grow in full sun. Irish moss requires moist soil, well supplied with organic matter. It withstands some trampling and usually requires no clipping. If plants become lumpy in growth, thin them out occasionally. Irish moss is available at nurseries and should be spaced 6 inches apart. Plant it in small areas of partial shade where a bright green carpet fits the landscape.

Lippia canescens (*L. repens*) is slow-growing, mat-like and able to withstand extreme heat and dry conditions. Foliage is grayish and it bears tiny pinkish-lilac flowers during the summer. For about two months in winter, plants appear shabby and dead. *L. repens* tolerates any soil type, is highly drought-resistant, and grows well in sun or shade. You need not mow unless its growth becomes too vigorous. It withstands hard wear. To establish new areas, set out young plants in spring spaced 4 to 6 inches apart. Plants can spread to other areas and become difficult to eradicate. Another excellent lawn leaf, *Dichondra carolinesis,* was discussed in an earlier gardening column.

Start thinking about springtime planting

Since gardening is a year-round project, when weather prevents outdoor activities, spend time indoors planning spring projects.

- Plant beans outdoors anytime after last frost.
- Plant broccoli six to eight weeks before the last spring frost.
- Celery should be planted indoors six to eight weeks before frost.
- Start half-hardy carrot seeds outdoors four to six weeks before last spring frost.
- Plant cauliflower seeds indoors six to eight weeks before the last spring frost, or plant them outdoors four weeks before last frost.
- Hardy onion sets should be planted outdoors four weeks before the last frost.
- Summer squash is very tender, and seeds should be started indoors three to four weeks before last frost.
- Pepper seeds are very tender and should be started indoors eight to ten weeks before last spring frost.
- Plant corn outside two weeks after the last frost.
- Peppers are very tender and need a minimum soil temperature of 70 to 80 degrees F to germinate outdoors. Start seed indoors eight to ten weeks before last spring frost.
- Peas are hardy. Start seeds outdoors four to six weeks before the last frost.
- Plant tender potato tubers outdoors two to four weeks before last spring frost.
- Hardy radishes and spinach do well when planted outdoors four to six weeks before last frost.

HORT shorts

- If you're creating a garden in a grassy area, it's important to cultivate the soil so the roots of newly set plants can penetrate. Aerate using a spade, pitchfork or hoe. For a large garden area, you may want to rent or borrow a motor-driven cultivator.
- A strikingly beautiful background plant for the flower bed is yellowroot (Zanthorhiza apiifolia). It grows about one-and-a-half feet tall. Yellowroot does best in partial or dense shade, as a background for a flowerbed at the base of a hedge. It requires rich soil which contains much humus. Its blooms are brownish-purple and appear in May.
- The azalea variety "Encore" blooms in summer, fall and spring.

For more November gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com

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Cranberry Fluff

4 cups fresh or frozen cranberries
3 cups miniature marshmallows
¾ cup sugar
2 cups diced unpeeled tart apples
½ cup halved green grapes
½ cup chopped nuts
¼ teaspoon salt
1 cup whipping cream, whipped

Place cranberries in a food processor or blender; cover and process until finely chopped. Transfer to a bowl; add the marshmallows and sugar. Cover and refrigerate for 4 hours or overnight. Just before serving, stir in the apples, grapes, nuts and salt. Fold in whipped cream.

Yield: 10-12 servings.

Sweet Potato Slaw

½ cup mayonnaise
½ cup sour cream
2 tablespoons honey
2 tablespoons lemon juice
1 teaspoon grated lemon peel
½ teaspoon salt
¼ teaspoon pepper
3 cups shredded peeled uncooked sweet potatoes
1 medium apple, peeled and chopped
1 can (8 ounces) pineapple tidbits, drained
½ cup chopped pecans

In a bowl, combine the first seven ingredients; blend until smooth. In a large bowl, combine potatoes, apple, pineapple and pecans. Add dressing and toss to coat. Cover and refrigerate for at least 1 hour.

Yield: 6-8 servings.

Deep-Dish Blackberry Pie

3 cups fresh or frozen blackberries, thawed and drained
½ cup sugar
2 tablespoons cornstarch
1 teaspoon lemon juice
¼ teaspoon ground cinnamon

TOPPING:
¾ cup all-purpose flour
3 teaspoons sugar, divided
¼ teaspoon salt
3 tablespoons cold butter or margarine
1 tablespoon shortening
3 tablespoons cold water
1 egg white, beaten

Place blackberries in a bowl. Combine sugar and cornstarch; sprinkle over berries. Add lemon juice and cinnamon; toss to coat. Spoon into a greased 1-quart baking dish. In a bowl, combine the flour, 1 teaspoon sugar and salt. Cut in butter and shortening until mixture resembles coarse crumbs. Add water; toss with a fork until a ball forms. Roll out pastry; make a lattice crust. Crimp edges. Brush with egg white; sprinkle with remaining sugar. Bake at 375 degrees for 40-45 minutes or until crust is golden brown and filling is bubbly. Cool on a wire rack.

Yield: 2 servings

Turkey Tetrazzini

1 package (7 ounces) spaghetti, broken into 2-inch pieces
2 cups cubed cooked turkey
1 cup (4 ounces) shredded cheddar cheese
1 can (10¾ ounces) condensed cream of mushroom soup, undiluted
1 medium onion, chopped
2 cans (4 ounces each) sliced mushrooms, drained
⅓ cup milk
¼ cup chopped green pepper
1 jar (2 ounces) chopped pimientos, drained
¼ teaspoon salt
⅛ teaspoon pepper
Additional shredded cheddar cheese, optional

Cook spaghetti according to package directions; drain. Transfer to a large bowl; add the next 10 ingredients and mix well. Spoon into a greased 2½-quart casserole; sprinkle with cheese if desired. Bake, uncovered at 375 degrees for 40-45 minutes or until heated through.

Yield: 6-8 servings.

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